

SAUTÉED BABY BOK CHOY

adapted from theforkedspoon.com

Yield: 5 side dish servings

Prep Time: 5 minutes

Cook Time: 10 minutes

Storage: refrigerate up to 3 - 4 days



Ingredients

1 tablespoon oil of choice

4 - 5 cloves garlic, minced

2 large shallots, minced

2 pounds baby bok choy, halved and rinsed well (quarter them if they are on the larger side)

1 1/2 tablespoons coconut aminos, or to taste

Generous pinch of sea salt, or to taste

1 teaspoon toasted sesame oil

1/2 teaspoon crushed red pepper, or to taste

Directions

1. Heat a large skillet over medium-high heat. Add the oil and swirl to coat the entire surface of the pan.
2. Add the garlic and shallots. Sauté for about 1 - 2 minutes, or until fragrant and lightly browned.
3. Add the bok choy, coconut aminos, and salt. Toss the vegetables to coat evenly. Place a lid onto the pan and cook for about 1 - 2 minutes, then uncover and toss again, and then put the lid back on and continue to cook until the bok choy is cooked to desired doneness, about 3 - 5 minutes more.
4. Take off the heat and add the sesame oil and red pepper flakes. Lightly toss to coat and it's ready to serve!