



## Wok-Fried Baby Bok Choy

This is an easy recipe. A *very* easy recipe. Raw baby bok choy is very tender and delicious, so it requires very little heat to cook through. Bok choy and other asian greens grow very well in the Pacific NW. You should be able to find them locally most of the year. Because of the unique size and "cluster" shape of the baby bok choy, leave them whole and eat them with your fingers...much more enjoyable and, if serving a crowd, a great way to get everyone to eat their greens!

### Ingredients:

- 1 bunch baby bok choy (about 8-12 "clusters"), washed and separated into individual "clusters"
- 1 tsp. canola oil (you can use olive oil, but watch it closely or else it will start smoking)
- 1 tsp. sesame oil
- 1 tsp. water or broth
- 1 pinch red pepper flakes
- 1 garlic clove, minced
- 1 pinch salt

### Method:

1. Heat canola oil in a wok (or a large skillet) over high heat until shimmering and very hot.
2. Add red pepper flakes and saute until lightly fragrant, about 30 seconds.
3. Add baby bok choy. Shake the pan and keep the bok choy moving. Add the garlic. Once the leaves start to wilt, add water to steam the bok choy.
4. Once the water has evaporated, remove the pan from the heat and add the sesame oil and salt.
5. Serve at once, with soy sauce or lemon juice on the side. Eat with your hands!

Serves 2-3 as an appetizer or side dish. This recipe is easy to multiply for a crowd...just make sure that when you add the bok choy, each cluster has space to move.

### Recipe from the Puget Sound Fresh Team

