



Easy Bok Choy

4 servings

INGREDIENTS

- 2 Tbsp vegetable oil
- 2 cloves garlic, crushed and chopped
- 8 heads baby bok choy, end of stem trimmed off and cut into bite-size pieces
- Salt and pepper to taste

DIRECTIONS

1. Heat the oil in a large skillet or wok over medium heat.
2. Cook the garlic in the hot oil until fragrant, 1 to 2 minutes.
3. Mix in the bok choy, cook and stir until the green parts of the leaves turn bright green and the stalks become slightly translucent, 5 to 8 minutes.
4. Sprinkle with salt and pepper to serve



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