

Sautéed Baby Bok Choy

Prep Time: 5 min

Cook Time: 5 min

Servings: 4



With small bulbs and oversized green leaves, baby bok choy is both adorable and tasty. Also known as Chinese cabbage, baby bok choy is simply a younger version (harvested earlier) of bok choy and is more tender and slightly sweeter than its elder. Sautéed Baby Bok Choy is simple to prepare, quick to cook and offers great flavor and style to any meal.

Ingredients

- 4-6 heads baby bok choy
- 2 cloves garlic, crushed and chopped
- 2 Tbsp vegetable oil
- 2 Tbsp water
- salt & pepper, to taste

Steps

1. Cut heads in half and rinse well under running water to remove dirt that may be hidden in leaves. Leave to drain and pat dry.
2. Peel garlic, crush and fine chop.
3. Heat a large skillet or wok over medium heat and add oil.
4. Add garlic to skillet/wok and cook until softened and fragrant, about 1 minute.
5. Using tongs, add the bok choy. Spread out to ensure even cooking. Stir-fry (turning frequently) for 2-3 minutes. Add water to skillet/wok and cover to steam until stalks soften and become slightly translucent and the green parts of the leaves turn bright green, about 2 minutes.
6. Remove from heat, season with salt & pepper. Serve hot.