



Baby Bok Choy My Way

Serves 2

Ingredients

- 3 baby bok choy, cut in half the long way
- 2 tsp avocado oil to fry
- Toasted sesame seeds to garnish

Sauce Ingredients

- 1 ½ tsp tamari sauce
- 1 ½ tsp water
- Little less than a tsp of rice vinegar
- ½ teaspoon of honey
- ⅛ tsp toasted sesame oil
- 1 clove minced garlic
- ¼ tsp chili crisp (use sriracha if you don't have chili crisp in your pantry)

Instructions

In a small container, combine tamari, water, rice vinegar, honey, sesame oil, garlic, and chili crisp and set aside.

Heat a large skillet and then add the oil over medium-high heat. Add the halved bok choy, cut side down, and sear until it browns. Carefully turn it over and cook for another minute. Pour in the sauce and then cover the pan for two minutes until the bok choy is tender. Turn the bok choy over again so it is coated with sauce. Remove to a serving dish and sprinkle with sesame seeds.

Enjoy!