

Stir Fried Bok Choy

A simple side dish to serve with rice

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INGREDIENTS

(makes 2 portions)

- 2 garlic cloves
- ½ chilli
- 4 bok choy
- 2 tbsp soy sauce
- olive oil as needed
- freshly ground black pepper to taste
- sesame seeds for serving (optional)



DIRECTIONS

1. Peel the garlic and slice finely. Also slice the chilli finely.
2. Wash the bok choy well, make sure to let the water run between the leafs as there can be some dirt. Then half the bok choy.
3. Heat a big pan over medium heat, once warm cover the bottom with olive oil. Add the garlic and chilli and fry for a couple of minutes to infuse the oil. Add bok choy cut side down and fry for a couple of minutes or until lightly golden. Turn off the heat, add soy sauce and season with black pepper to taste. Cover with a lid, take off the heat and allow to sit for 5 to 10 minutes before serving.
4. Garnish with sesame seeds before serving.
5. Enjoy!