

## Garlic Stir-Fried Bok Choy

Ingredients	Instructions
<ul style="list-style-type: none"><li>• 1 lb bok choy</li><li>• 2 tbsp olive oil</li><li>• 5 garlic cloves, diced finely</li><li>• Splash of soy sauce (optional)</li><li>• A sprinkle of sesame seeds (optional)</li><li>• Salt</li></ul>	<ol style="list-style-type: none"><li>1. <b>Chop:</b> Remove the base of each bok choy and half or quarter them making sure that all pieces are roughly of the same size. Rinse thoroughly.</li><li>2. <b>Heat Oil:</b> Heat up oil in a large wok or skillet over high heat.</li><li>3. <b>Sauté Garlic:</b> Add minced garlic and stir-fry for 30 seconds until fragrant.</li><li>4. <b>Add Bok Choy:</b> Place all bok choy into the wok and stir-fry, stir frequently, don't let the garlic burn. Cook until tender, how long you cook is up to your personal preference, cook longer for a soft texture or cook shorter if you like them crisp.</li><li>5. <b>Season:</b> Drizzle with soy sauce if desired, sprinkle with a little salt and toss.</li><li>6. <b>Finish:</b> Garnish with sesame seeds before serving warm.</li></ol>