

Bok Choy with Spicy Garlic Sauce

Tonight, versatile and delicious Bok Choy is coming your way. The spicy garlic sauce will absolutely tickle your fancy! This tasty stir-fry includes bits of chicken and is served over hearty brown rice.

Preparation time: 35 minutes - Servings: 2

Organize Your Ingredients!

Notes on Organizing

Prep and organize the ingredients on small plates or in bowls so they are easy to add.

Note: You have two different preps for onion: 1/4 C. chopped onion for the Spicy Garlic Sauce and 1/2 C. sliced onion for the Stir-fry. Prep 5 cloves chopped garlic tonight: 3 cloves for the Spicy Garlic Sauce and 2 cloves for the Stir-fry.

Brown Rice

1 C. brown rice
plus
2-1/4 C. water
1/4 C. nonfat milk
1/2 tsp. coconut extract

Plant-based Choice or Optional Chicken

Plant-based Choice:

1 tsp. canola oil
20 Morningstar Chick'n strips (or equivalent)
1/4 C. white wine
- or -

Optional Chicken:

1 tsp. olive oil
1 boneless, skinless chicken breast
1/2 C. white wine

Spicy Garlic Sauce

1 tsp. sesame oil
3 cloves garlic (smashed and chopped)
1/4 C. white wine
1/4 C. onion (chopped)

1 C. low-sodium veggie broth
3 tsp. low-sodium soy sauce
2 T. rice wine vinegar
1/2 tsp. fresh grated ginger
2 tsp. granulated sugar
1/2 tsp. Asian pepper sauce

2 T. cornstarch
dissolved in
1/2 C. water

Bok Choy Stir-fry

8 medium white mushrooms (sliced)
2 tsp. canola oil
1 tsp. sesame oil

2 cloves garlic (smashed and chopped)
1/2 C. yellow onion (sliced)
2 bunches or 3 cups baby bok choy (carefully washed, stems and leaves chopped separately)
2/3 C. red bell pepper (seeded, thin-sliced)
one 6 oz. can sliced water chestnuts (drained)

1/4 C. low-sodium vegetable broth
mixed with
1 tsp. low-sodium soy sauce
1 T. rice wine vinegar
1/3 C. fresh basil leaves (chopped)
1/2 of a lime

1

Let's Prepare, Cook, and Plate This!

Basic Assembly Instructions

Start by putting brown rice on to cook. Bring all ingredients to a hard boil. Reduce heat to medium-low, cover and cook for 25 minutes. Set a timer.

Plant-based Choice or Optional Chicken

Plant-based choice:

Brown strips in oil. Add white wine and toss until wine disappears. Remove from pan and let cool, then slice in half lengthwise.

Optional Chicken:

Brown skinless chicken breast in oil. Add white wine to the pan, cover pan, reduce heat to medium low and cook 5 minutes per side. Let cool enough to handle and thin slice before adding to the stir-fry.

Spicy Garlic Sauce

1. Measure oil into a small saucepan and add garlic. Toss until garlic begins to brown.
2. Add white wine and boil lightly for 1 minute.
3. Add onion and toss until onion becomes translucent.
4. Add broth and all remaining ingredients (except cornstarch). Reduce heat to low and cook 5 minutes. Thicken with cornstarch mixture and cook another 5 minutes over low heat.

Bok Choy Stir Fry

1. Using a deep sauté pan, brown mushrooms in oils. Remove from pan and set aside.
2. Using the same pan, toss garlic, onion, bok choy stems and peppers until onions start to brown. Add water chestnuts and Chick'n strips or chicken. Toss well. Return mushrooms to the pan.
3. Mix additional broth, soy sauce and vinegar in a separate bowl. Pour mixture over stir fry and toss over high heat until liquid disappears. Pour garlic sauce over stir fry and toss well.
4. Add chopped bok choy leaves and basil. Toss about 1 minute. Remove from heat and serve.

Plate the Meal

Measure 2/3 C. rice per serving. Pack each serving into a soup ladle and place in the center of shallow bowls or dinner plates. Cover each serving with 2 C. stir fry leaving the top of the rice mound visible. Drizzle each serving with a squeeze of lime juice.

What I've Learned from this Recipe

When fresh herbs are added late in the cooking process their flavor remains vibrant in the dish. Finishing servings with fresh lime juice adds acidity and brings the flavors forward.

Let us know what you think, and ask any questions you may have! chezdon@plate6.com