

Bok Choy Stir-fry

A delicious stir-fry is on tap tonight with one of my favorite cruciferous vegetables, bok choy! Baby Bok Choy is desirable for this recipe but some stores may not carry it on a regular basis. You'll easily find adult bok choy though. Feel free to use either one.

Preparation time: 35 minutes - Servings: 2

Organize Your Ingredients!

Notes on Organizing

Organize the ingredients on small plates or in bowls so they are easy to add (and more fun to cook!). Note that you have two different preps for onion: 1/4 C. chopped onion for the stir-fry sauce and 1/2 C. sliced onion for the stir-fry. You'll also prep 2 chopped garlic: 1 for the sauce and one for the stir-fry.

Quinoa

1 C. dry quinoa
2 C. water

Plant-based Choice or Optional Chicken

Plant-based Choice:

1 tsp. olive oil
4 chickenless tenders

Chicken:

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

Additional Items and Garnish

1 orange (sliced into 1/4" rounds)
1/4 C. slivered almonds (toasted)
Juice from 1/2 of a lime

First thing!

*Put quinoa on to cook and
Preheat oven to 375°*

Stir-fry Sauce

1 tsp. sesame oil
1 clove garlic (smashed and chopped)
1/4 C. yellow onion (chopped)
1/4 C. white wine
1 T. low-sodium soy sauce
1-1/2 C. low-sodium veggie broth
2 T. rice wine vinegar
1/2 tsp. Asian pepper sauce

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

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

1 tsp. sesame oil
1 clove garlic (smashed and chopped)
1/2 C. yellow onion (sliced 1/4" thick and slices halved)
2 bunches or 3 cups baby bok choy (carefully washed, stems and leaves chopped separately)
2/3 C. red bell pepper (seeded, and thin-sliced)

one 6 oz. can sliced water chestnuts (drained)
1/4 C. fresh cilantro leaves (chopped)

Let's Prepare, Cook, and Plate This!

Basic Assembly Instructions

Start by putting the quinoa on to cook. Bring quinoa and water to a hard boil. Turn off heat, cover and leave on burner until ready to dine. Once quinoa is underway and everything's prepped the recipe will flow smoothly.

Plant-based choice or Optional Chicken

Plant-based choice:

Bake tenders 15 minutes on an oiled cookie sheet in a 375° oven. Turn once after 8 minutes. Let cool enough to handle and slice before adding to the dish.

Optional Chicken:

Brown skinless chicken breast in oil. Add 1/2 C. white wine to the pan, cover pan, reduce heat to medium-low and cook 5 minutes per side. Allow to cool enough to handle and thin slice before adding to the stir-fry.

Stir-fry Sauce:

Bok Choy Sauce and Bok Choy Stir-fry

1. Using a medium sauté pan, heat oil and drop 1/2 of the prepped garlic and chopped onion into pan. When onion starts to brown, add white wine. Bring to a boil and cook 2-minutes.
2. Add soy sauce, broth, vinegar and pepper sauce to mixture in pan. Bring liquid to a hard boil.
3. Turn heat to low and slowly stir in cornstarch mixture. Cook over low heat 5-minutes.

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4. While the sauce cooks, grab a large sauté pan or wok and brown mushrooms in oil. Remove from pan and set aside.
5. Add remaining garlic, onion slices, chopped bok choy stems and sliced bell peppers to the pan. Toss for 3-minutes.
6. Add drained water chestnuts, bok choy tops and cilantro. Toss 2-minutes.
7. Return mushrooms to the mix and pour sauce over the stir fry. Gently fold in plant-based choice or optional chicken. You're ready to plate the meal.

Additional Items and Garnish

1. Arrange orange rounds around edge of serving plates, or on a separate side plate.
2. Press 2/3 C. cooked quinoa per serving into a soup ladle to mold a dome shape. Drop the quinoa dome in the center of each serving plate.
3. Ladle 2 C. stir-fry over and around quinoa on each plate.
4. Sprinkle with toasted almonds.
5. Drizzle each serving with a little lime juice.

What I've Learned from this Recipe

I add the toasted almonds as a garnish. When added this way, they stay crisp and add interest to the dining experience.

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