

Bok Choy and Tomato with Lemon/Basil Sauce

A few seasonal items are combined in a tasty warm-weather stir-fry tonight. Bok choy and tomatoes are the featured all stars, bathed in a summery lemon basil sauce. Toasted slivered almonds add a little extra crunch to this dish.

It's a stir-fry, so once the cooking starts, you'll be out of the kitchen in no time.

Preparation time: 50-60 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. Prep 2 cloves of chopped garlic tonight: 1 for the Lemon/Basil Sauce and 1 for the Stir-fry. Prep a total of 1 C. sweet onion: 1/2 C. chopped for the Lemon/Basil Sauce and 1/2 C. sliced for the Stir-fry.

Brown Rice

1 C. brown rice
plus
2-1/4 C. water

Plant-based Choice or Chicken Option

Plant-based Choice:

1 tsp. canola oil
4 Chickenless Tenders
- or -

Chicken Option:

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

Lemon/Basil Sauce

1 tsp. olive oil
1 tsp. sesame oil
1 clove garlic (smashed and chopped)
1/2 C. sweet onion (chopped)
1-1/4 C. low-sodium veggie broth
1/2 C. white wine
1 tsp. low-sodium soy sauce
1/2 tsp. grated lemon rind
1/4 tsp. grated fresh ginger
3 T. lemon juice
2 T. granulated sugar

2 T. cornstarch
combined with
1/3 C. water
1/2 C. fresh basil (chopped)

Bok Choy/Tomato Stir-fry

1 tsp. sesame oil
1 tsp. canola oil
1 clove garlic (smashed and chopped)
1/2 C. sweet onion (sliced)
2 bunches baby bok choy (leaves and stems
chopped separately)
2/3 C. red bell pepper (coarsely chopped)

2 T. low-sodium vegetable broth
1 tsp. low-sodium soy sauce

2 C. tomato (chopped)

1/4 C. slivered almonds (toasted)

Let's Prepare, Cook, and Plate This!

Basic Assembly Instructions

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

Plant-based Choice or Chicken Option

Plant-based Choice:

Preheat oven to 400°. Place tenders on a small, oiled cookie sheet and bake for a total of 15 minutes. Turn after 8 minutes. Allow to cool slightly and slice into thin bite-sized pieces.

- or -

Chicken Option:

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

Lemon/Basil Sauce

1. Measure oils into a small saucepan and heat until oils begin to shimmer.
2. Add garlic and onion and toss about 2 minutes.
3. Add broth, wine, soy sauce, grated lemon rind, grated ginger, lemon juice and sugar. Bring to a boil. Thicken liquid in the pan with cornstarch mixture. Reduce heat to low and cook 5 minutes – stirring occasionally.
4. Add chopped basil, stir well and remove from heat.

Bok Choy/Tomato Stir-fry/Plate

Bok Choy/Tomato Stir-fry:

1. Heat sesame and canola oils in a large, deep sauté pan or wok. Add garlic and onion and toss for about 1-minute.
2. Add chopped bok choy stems and chopped peppers to the pan. Toss over high heat until stems begin to brown.
3. Add vegetable broth, soy sauce, meat choice and chopped bok choy leaves. Toss about 1 minute and add chopped tomatoes. Toss well and remove from heat.
4. Return lemon/basil sauce to a boil. Pour sauce over vegetable mixture and toss to coat all ingredients.

Plate the Meal

Place a mound of 2/3 C. cooked rice on each plate and surround with 1/2 of the vegetable/lemon sauce mixture. Arrange sliced chicken or tenders over each serving. Garnish with toasted almonds.

Store leftover lemon sauce in fridge. The leftovers are great over rice or pasta as a quick lunch.

What I've Learned from this Recipe

When seasoning dishes, add enough of the featured herbs to make them prominent in the flavor profile. Then acidify the dish to enhance the desired effect. Tonight's seasonings, fresh basil (herbs) and lemon juice (acid) are a good example.

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