



## Garlic Ginger Bok Choy

Looking for a new veggie? Check out this ginger bok choy, which is very simple, but creates interesting flavors with a spicy mix of garlic, sesame oil and red pepper. If you've never cooked bok choy, this is a great introduction to a versatile vegetable.

### Ingredients

3-4 Heads Of Baby Bok Choy  
1/2 Cup Sliced Red Peppers  
2 Cloves crushed Garlic  
1 Tbl Ginger  
1/2 Tsp Red Pepper Flakes  
1 Tbl Vegetable Oil  
1 Tbl Soy Sauce  
8 Drops Sesame Oil

### Preparation process

Chop the bottom of each bok choy head, then separate the stalk from the leaf section.

Cut the stalks into 1/2-inch pieces.

Separate the smaller leaves from the larger leaves, cut the larger leaves in half and mix with the smaller leaves.

Place a skillet on high heat, add the vegetable oil, and stir fry the stalks and red peppers for 2 minutes, or until soft.

Add the garlic, ginger, red pepper flakes and stir fry for 1 minute.

Add in the bok choy leaves, soy sauce and sesame oil and cook for 30-45 seconds

Remove from the skillet and serve.

## Bonus Items

If you want to watch the video again. Click [here](#).