



## **BRAISED BABY BOK CHOY WITH SHIITAKE MUSHROOM AND FRESH GARLIC** (serves 4)

An easy to prepare chinese style healthy vegetarian dish

Ingredients:

Sauce:

- 1 tbsp cornstarch
- 1 tsp sesame oil
- 1 tbsp oyster sauce

- 1 tbsp olive oil
- 2 cups fresh shiitake mushroom
- 1 tsp minced garlic
- 1 tsp minced ginger root
- 8 baby bok choy, cut lengthwise into quarters
- salt and pepper to taste

In a small bowl, whisk ingredients from first part, mix well and set aside.

In a wok or deep skillet, heat oil over medium heat for about 30 seconds. Add mushroom, garlic and ginger root, sauté until mushroom is semi soft, about 3 to 4 minutes. Add bok choy, toss and cook briefly. Add 3 tbsp water and bring to boil. Turn heat to low. Cover and allow braising for 2 to 3 minutes or until vegetables is tender.

Stir in sauce ingredients and cook until slightly thickened. Season to taste with salt and pepper. Transfer to plate and serve warm.