

# Stir Fried Bok Choy

Rowville Primary School  
Kitchen Garden Recipe

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## Ingredients

2 bunches of bok choy,

2 tablespoons of vegetable oil,

4 tablespoons soy sauce,

1 tablespoon sesame oil.



## Method

Fill a large saucepan with water and bring to the boil.

Separate bok choy leaves and wash thoroughly.

Stir the vegetable oil into the boiling water. Add the bok choy and simmer for 1 minute.

Using tongs, remove the bok choy from the water and place in a colander to drain.

Place on a serving platter. Drizzle with the soy sauce and sesame oil.