

Bok Choy with Shitake Mushrooms

Ingredients/Zutaten

- 1 tbsp high-heat oil
- 4 cloves garlic, minced
- 2 tsp ginger, grated and minced
- 1 cup Shitake mushrooms, sliced
- 1 tbsl soy sauce
- 1 head bok choy, chopped (or 3 baby bok choy)
- 6 scallions (green onions)
- 1/4 cup vegetable broth
- 2 tsp sesame oil
- 2 tbsp sesame seeds (optional)

Directions/Zubereitung

1. Heat wok to medium-high, then add high-heat cooking oil.
2. Add garlic, ginger and stir until aromatic (~30 sec.).
3. Add mushrooms, and cook for 2 to 3 minutes.
4. Add soy sauce, bok choy and scallions, and cook for a few more minutes.
5. Add sesame oil and optional sesame seeds, and stir lightly.
6. Serve immediately.