

McDougal's Farm LLC

What's Growing On !

Recipes

Bok Choy Stir Fry

- 1 tablespoon olive oil
- 2-3 cloves garlic or **wild leek**, minced
- 4 thinly sliced carrots
- 1/4 teaspoon ground ginger
- 1/4 teaspoon ground black pepper
- 4 cups bok choy, thinly sliced
- 1 chicken bouillon cube, dissolved in 1/2 c. water
- 1/4 cup soy sauce
- 1 teaspoon granulated sugar
- 1 tablespoon cornstarch

Directions

1. **Heat oil in saucepan over medium heat.**
2. **Add garlic, ginger, carrots, black pepper, and bok choy.**
3. **Stir fry about 3 min.**
4. **In bowl, combine dissolved bouillon and water, soy sauce, sugar, and cornstarch.**
5. **Whisk well.**
6. **Add cornstarch mixture to skillet and stir fry until sauce thickens and cabbage and carrots are tender, about 4 min.**
7. **Serve hot.**

Goes well on a bed of brown rice served with a grilled chicken breast