

## Bok Choy with Jasmine Rice & Spicy Garlic Sauce



### Ingredients:

1 head bok choy  
1 tbsp extra virgin olive oil  
1 tbsp sesame oil  
1/4 cup water  
1 tsp grated fresh ginger root  
2 cloves garlic, minced  
1 tbsp oyster sauce  
1 tbsp soy sauce  
1 tbsp brown sugar  
1/8 tsp red pepper flakes  
cooked jasmine rice

**Method:** : Trim off the ends of the bok choy and chop, keeping the white parts separate from the green as they will need to cook longer. Rinse and spin or pat dry. Set aside. In a small bowl or cup, stir together the extra virgin olive oil and sesame oil. In a separate larger bowl, stir together the water, ginger, garlic, oyster sauce, soy sauce, brown sugar and red pepper flakes. Set this aside. Heat the extra virgin and sesame oils in a large skillet or wok over medium-high heat. Add the bok choy stems first; stir fry for a few minutes or until the pieces start to turn a pale green. When stems are almost cooked, add the leaves; cook and stir until leaves are wilted, 1 to 2 minutes. Remove from the heat and transfer the bok choy to a serving dish. Pour the sauce into the skillet or wok, and set over medium-high heat. Cook, stirring constantly, until sauce has thickened slightly, about 3 minutes. Pour over the bok choy and toss lightly to coat. Cook rice according to directions on package. Fluff rice with a fork and add butter to taste. Once butter is melted season to taste and mix. Serve bok choy over jasmine rice.