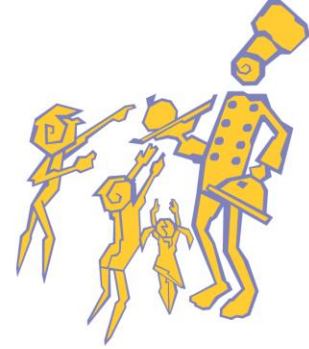




HOSPITALITY INDUSTRY PROFESSIONALS FOR KIDS



## Bok Choy Stir Fry With Brown Sugar-Ginger Soy & Soba Noodle

- 1 ½ Cups of Bok Choy - blanched & chopped
- ¼ Teaspoon Ginger (Fresh) grated or micro planed
- ¼ Teaspoon Garlic (Fresh preferred) chopped finely or jarred garlic
- 2 ½ - 3 Tablespoons Canola or as needed
- 1/8 Cup Soy Sauce
- TT Lemon juice      Mixed
- TT Brown Sugar
- TT Sesame Oil
- 1 Tablespoon Sesame Seeds - toasted (mixed black & white)

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TT = To Taste

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## **DIRECTIONS**

- 1) In a sauté pan or wok heat the canola (as needed) , add the ginger and garlic, cook lightly to aroma and add the blanched Bok Choy to heat
- 2) Season the Bok Choy with the Brown Sugar-Soy mixture; remove from heat
- 3) Place a portion of Brown Rice or Soba on a plate top with the Bok Choy
- 4) Drizzle with a tiny amount of Sesame Oil and sprinkle with Sesame Seeds to garnish

To Blanch Bok Choy: Heat a large Pot of water to boiling, salt the water to taste; add the chopped or shredded Bok Choy & blanch bright green.

Remove immediately and “shock” in ice water to keep it green.

Drain & reserve for all of your stir fry dishes!