



Spicy Garlic Bok Choy

SUPERSTITION RANCH FARMERS MARKET

You will need:

- OIL
- GARLIC
- SHALLOTS
- BOK CHOY
- SOY SAUCE
- SESAME OIL
- CRUSHED RED PEPPER

Instructions:

- ADD OIL TO A LARGE WOK ON MEDIUM-HIGH HEAT.
- ADD THE GARLIC AND SHALLOTS, STIRRING FOR 1-2 MINUTES
- ADD THE BOK CHOY, SOY SAUCE, AND SESAME OIL
- COOK FOR 1-2 MINUTES COVERED
- UNCOVER AND TOSS FOR 5 MINS.
- SPRINKLE WITH CRUSHED RED PEPPER AND SERVE! ENJOY!