Stir Fried Bok Choy

PREP TIME: 5 MIN | COOK TIME: 10-15 MIN | SERVINGS: 4

INGREDIENTS:
- 1 lb baby bok choy (about 2-3 bundles), washed and dried
- 2 cloves garlic, minced
- 2 Tbsp neutral cooking oil (e.g. corn, canola, vegetable)
- 1/2 tsp salt
- 1/2 tsp sugar
- 1/2 tsp chicken bouillon (optional)

RECIPE NOTES:
- Larger/regular bok choy works well for this recipe too

DIRECTIONS:
- Cut off the very bottoms of the bok choy bundles to separate the leaves. Slice bok choy stems in half length-wise (from bottom to top).
- Heat a large pan or walk over high heat, about 2-3 minutes. Add oil and let heat until shimmering.
- Add minced garlic and cook, stirring, for 10 seconds.
- Add bok choy and cook, stirring often, for 6-8 minutes. You want the stalks to soften and the leaves to turn a deep, vibrant green.
- Add salt and sugar and give it another good stir. Remove from heat and transfer to plate. Enjoy!

RECIPE ADAPTED FROM MADEWITHLAU.COM