



YOU CAN COOK
AND YOU DO HAVE THE TIME

Kev's Kitchen

WOK BOK

Time: 15 minutes

Serves: 4

Ingredients:

1 tablespoon extra-virgin coconut oil
4 shallots – thinly sliced
3 cloves garlic – finely chopped
1 teaspoon freshly grated ginger
1 red chili pepper – seeded and thinly sliced
5 ounces brown shemiji mushrooms
1 head bok choy – sliced
1 tablespoon fish sauce
1 tablespoon soy sauce
Sugar substitute equivalent to one half teaspoon sugar
1 teaspoon seasoned rice vinegar

Preparation:

Place a wok on high heat and add the coconut oil.

When the oil is very hot, add the shallots, garlic, ginger and chili pepper, stirring constantly for thirty seconds.

Add the mushrooms, stirring often for two minutes.

Add the bok choy, stir frying for two more minutes.

Stir in the fish sauce, soy sauce and sugar substitute. Cook, stirring often for one minute.

Remove from heat, drizzle with the vinegar, toss and serve immediately.

Nutritional Information Per Serving:

Calories: 70

Fat: 4g

Carbs: 7g

Fibre: 3g

Protein: 4g