

SESAME PAK CHOI

Serves 1-2

INGREDIENTS:

1-2 Pak Choi
1 Tbsp vegetable oil
2 Cloves of garlic
Small piece of ginger
2 Tbsp soy sauce
1 Tbsp sesame oil
Sesame seeds (to serve)

DIRECTIONS

Peel your garlic cloves and crush. Then peel and thinly slice your ginger. Slice your Pak Choi into quarters.

Heat the vegetable oil over a high heat, add in the garlic and ginger and fry until they slightly soften (around 30 seconds).

Add in the Pak Choi, soy sauce, and 2 tablespoons of water. Cover the pan with a lid and allow to steam. Check after 1 minute and stir occasionally, remove the lid at this point. Cook until tender and the water has evaporated.

Transfer to a plate and drizzle with sesame oil and sprinkle with sesame seeds. Enjoy!