

Braised bok choy, vegetable broth |

Recipe for 4 servings

Description

Very accessible and quick cooking technique for vegetables.

Note

Cette technique de cuisson peut s'adapter à beaucoup de légumes, la seule différence sera le temps de cuisson.

Accompany these vegetables with a sauce of your choice.

Ingredients

Braised bok choy.

- 4 Unit(s) Bok choy
- 125 Ml Vegetable stock
- 1 Unit(s) Green onion
- Butter
- Salt and pepper
- Vegetable oil

Preparation

- Preparation time **30 mins**

Setting up

Cut bok choy in half lengthwise (or into large wedges).

Thinly slice the green onions.

Prepare your vegetable broth.

Braised bok choy.

Heat butter (or vegan oil) in a large skillet over medium-high heat. Add the Bok choy and green onions.

Sauté 2-3 min until the bok choy have coloured, then add the broth and cook, uncovered, for about 7 min until the liquid is reduced and the bok choy are tender, but still al dente.

Bon appétit!