CHINESE · SIDE

Garlic Bok Choy and Shiitake Stir-Fry

12 min · Serves 3 · 150 kcal a serve · Video 3:21 · Souped Up Recipes

Pescatarian · Dairy-free · Nut-free

Mostly bok choy and shiitake: one serve is rich in vitamins C, K and A, folate and vitamin B6 for about 150 kcal.

Diet notes: Keto (6.6 g net carbs a serve); Gluten-free with a swap: Use tamari and a gluten-free oyster sauce.

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Ingredients 9 · SERVES 3

- [ ] 14 oz **baby bok choy**, leaves separated, stems cut bite-size
- [ ] 4 oz **shiitake mushrooms**, sliced about ¼ inch thick
- [ ] 4 **scallions**, roughly chopped
- [ ] 4 cloves **garlic**, thinly sliced
- [ ] 2½ tbsp **oil**
- [ ] 1½ tbsp **oyster sauce**
- [ ] 2 tsp **soy sauce**
- [ ] 1 tsp **dark soy sauce**
- [ ] 2 tbsp **water**

Amounts in US units, converted from the cook's and rounded — the video has the originals.

Contains: Gluten, Molluscs, Soy. Check labels on stock, sauces and spice mixes.

Method TIMES = THE MOMENT IN THE VIDEO

1. Tear the outer leaves off the bok choy (the hearts keep well in the fridge for another meal), wash and drain thoroughly. Cut the stems into bite-size pieces and keep them apart from the leaves. Slice the shiitake. 0:19
2. Put the oil, scallions and garlic slices into the wok and stir over low heat for about 3 minutes, until the aromatics are lightly golden. 1:26
3. Stir in the oyster sauce, soy sauce and dark soy sauce to make a quick scallion sauce. 1:39
4. Add the bok choy stems and mushroom slices and splash the water in around the side of the wok so the caramelised aromatics do not burn. Keep stirring over medium-low heat for 2–3 minutes, until soft. 2:04
5. Add the leaves and stir just until they wilt, then serve as a side dish. 2:25

> **Tip** For a vegan version use vegetarian (mushroom) oyster sauce. Oyster mushrooms or chanterelles work instead of shiitake, and the scallion sauce suits almost any green. Use 1 tbsp oil for a lighter dish.

The method is a summary in our words — the video shows every step.

One serve gives you 1 OF 3 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE	FIBRE	FAT	SODIUM
150 kcal	4 g	9.5 g	3 g	12 g	650 mg
630 kJ	8% of a day	6.6 g net · 3 g sugars	11% of a day	0.9 g saturated	28% of a day
		3% of a day		15% of a day	

Energy from net carbs 18% · protein 11% · fat 71% — fits keto: 6.6 g net carbs, 71% of the energy from fat

High in (20%+ of a day) Vitamin K 92% · Vitamin C 72% · Omega-3 70% · Vitamin A 37% · Folate 27% · Vitamin B6 26%

Source of (10–19%) Vitamin E 15% · Calcium 13% · Potassium 12% · Magnesium 10%

Recipe and video: Souped Up Recipes (@SoupedUpRecipes) on YouTube — youtube.com/watch?v=wxc4w1QM1oc, published 10 April 2024. All credit for the recipe goes to the cook; please watch and support their channel.

By Notbroken: the method summary, the unit conversions, the diet notes and the nutrition estimate — worked out from the ingredient list with USDA FoodData Central values; % of a day compares one serve with the US FDA daily values on food labels (2,000 kcal). Brands, portions and cooking change the real numbers.

General information about food, not medical or dietary advice. Free, no sign-up: notbroken.io/eat/bok-choy-shiitake-garlic-stir-fry