CHINESE · SIDE · DINNER

Cantonese Bok Choy and Pork Soup

30 min · Serves 4 · 84 kcal a serve · Video 10:01 · Made With Lau

Dairy-free · Nut-free

About 85 kcal a serve, mostly bok choy in a light broth, yet rich in vitamins C, A and K, with thin slices of lean pork for a little protein.

Diet notes: Low carb (3.2 g net carbs) but not keto: 46% of the energy is from fat, and keto meals get about 60% or more; Gluten-free with a swap: Use a gluten-free oyster sauce and skip the bouillon (or use a gluten-free one) to keep it gluten-free.

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Ingredients

11 · SERVES 4

- [ ] 450 g **baby bok choy**, washed and trimmed
- [ ] 113 g **pork chop**, fat trimmed, thinly sliced
- [ ] 1 tsp **cornstarch**, for the pork marinade
- [ ] 1 tsp **oyster sauce**, for the pork marinade
- [ ] 1 tbsp **water**, for the pork marinade
- [ ] 400 g **chicken broth**
- [ ] 1.2 L **water**
- [ ] 2 slices **ginger** (optional)
- [ ] 1 tsp **oil**
- [ ] 1 tsp **salt**
- [ ] 1 tsp **chicken bouillon powder** (optional)

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

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

Method

TIMES = THE MOMENT IN THE VIDEO

1. Trim the fat from the pork chop and slice it across the grain into very thin (about 2 mm) pieces. Mix with the cornstarch, oyster sauce and water and massage for about 30 seconds. 1:20
2. Separate the bok choy stalks, scrub the bases and rinse well. Halve the larger stalks and keep the stems and leaves apart; thinly slice the ginger. 4:20
3. Bring the water and chicken broth to a boil over high heat with the oil, salt and ginger, covered. 5:52
4. Add the bok choy stems first, then the leaves; cover and bring back to a gentle boil. 7:05
5. Add the pork slices a few at a time so they stay separate, then the bouillon if using. When the soup returns to a boil, after 1–2 minutes, it is ready. 8:30

> **Tip** Serve with rice as part of a Chinese family meal. For a bigger batch, lift the bok choy out once cooked so it stays green and crisp. Chicken or beef can replace the pork.

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

One serve gives you

1 OF 4 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE	FIBRE	FAT	SODIUM
84 kcal	**7.9** g	**4.4** g	**1.2** g	**4.2** g	**1,210** mg
350 kJ	16% of a day	3.2 g net · 1.8 g sugars	4% of a day	1.1 g saturated	53% of a day
		2% of a day		5% of a day	

Energy from net carbs 16% · protein 38% · fat 46% — low carb (under 26% of the energy from carbs)

High in (20%+ of a day) Vitamin C 57% · Vitamin K 44% · Vitamin A 31% · Vitamin B6 20%

Source of (10–19%) Folate 19% · Selenium 17% · Omega-3 11% · Calcium 10%

⚠ One serve has about 53% of a day's sodium — less salt, stock or sauce (or reduced-salt versions) brings it down.

Recipe and video: Made With Lau (@MadeWithLau) on YouTube — youtube.com/watch?v=cFbM5XGIfn4, published 28 May 2021. 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/cantonese-bok-choy-pork-soup