
THE
CrossFit*kitchen*



BEIJING BOK CHOY

overview

Prepare bok choy—or almost any other vegetable—in about 5 minutes with this simple recipe.

makes 2 servings

blocks per serving

½ carbohydrate block

2 fat blocks

ingredients

- 1 tbsp. coconut or sesame oil
- 2 baby bok choy, cut in half lengthwise
- 1 tbsp. garlic, minced
- 2 tbsp. ginger, minced
- 1 tsp. fish sauce
- 1/2 tsp. coconut aminos (optional instead of soy sauce)
- Red pepper flakes, to taste

notes

You could actually use this preparation with any veggie—broccoli, snow peas, eggplant, cauliflower, etc.

directions

1. Heat oil in pan over high heat.
2. Place baby bok choy cut side down in hot oil. Layer garlic, ginger and red pepper flakes on top of bok choy but do not stir.
3. Cook for 2 to 3 minutes (until bok choy is brown and crisp).
4. Add fish sauce and coconut aminos and let the bok choy steam 20 to 30 seconds.
5. Flip once, turn heat down to medium and cook for another 1 to 2 minutes.

