

# Easy Stir-Fried Pac Choi

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## DIRECTIONS

This quick and easy stir-fried pac choi is a great way to enjoy this tender leafy Asian green. It's ready in just 10 minutes and cooks in the most delicious savory sauce made with garlic, shallots, and sesame. It's the perfect side dish with any protein and a scoop of cooked rice.

**Harvest:** pac choi, garlic, shallots

**Prep Time:** 10 minutes

**Servings:** 6 servings

### Ingredients:

- 1 tablespoon vegetable oil
- 5 cloves garlic - minced
- 2 large shallots - minced
- 2 pounds baby pac choi - halved or quartered
- 2 tablespoon soy sauce
- 1 teaspoon sesame oil
- 1 teaspoon crushed red pepper - optional

### Instructions:

1. Heat the vegetable oil in a large wok or skillet set over medium-high heat. Swirl to coat the entire surface of the pan.
2. Add the minced garlic and shallots. Sauté, stirring constantly, for 1-2 minutes or until fragrant.
3. Add the pac choi, soy sauce, and sesame oil. Toss to coat, then cover the pan.
4. Steam for 1-2 minutes, uncover and toss again. Re-cover and cook for an additional 3-5 minutes, or until the pac choi is tender and cooked to desired doneness.
5. Sprinkle with crushed red pepper flakes if using, and serve immediately. Enjoy!

### Notes

- You may use full size or baby pac choi for this recipe. If you use full-size, chop the thicker stems into smaller pieces. Toss them in first to give them a head start cooking, then add the smaller/less-thick pieces after 2-3 minutes to finish cooking everything together.
- To make this recipe **gluten-free**, substitute regular soy sauce with gluten-free Tamari.