

## Fried Rice & Garlic Bok Choy

Although I love fried rice, I was thinking it needed something else so it could be considered a whole meal. It's a great vegetarian side dish, but most often I've made it a main course with shrimp or chicken. This time I wanted to keep the whole plant-based vibe going. So here's a full plate of stir fried, veggie goodness. Just remember to plan ahead and cook the rice a day before you make the fried rice. Chill it thoroughly to prevent the grains from sticking together.



### Ingredient list for 2 servings

#### *Garlic Bok Choy*

- 1 tablespoon vegetable oil
- 5 cloves garlic - minced
- 2 large shallots - minced
- 3 baby bok choy - halved lengthwise
- 2 tablespoons soy sauce
- 1 teaspoon sesame oil
- ¼ - 1 teaspoon crushed red pepper to taste

#### *Fried Rice*

- ¾ cup white rice cooked in 1 ½ cups water - chilled
- 2 tablespoons oil - divided
- 2 eggs, slightly beaten with 1 tablespoon oil
- 1 carrot, diced
- 1 small head broccoli - stems cut ½" thick & florets
- 1 cup sugar snap peas
- 2 scallions - cut into ½" pieces
- 1 tablespoon low sodium soy sauce
- ½ teaspoon sugar

- On the day before serving: Boil rice in water; simmer 13 minutes; remove from pan and chill. Once cold, use a spoon to break up rice chunks as much as possible into individual grains.
- *Bok Choy*: Add the oil to a large wok or skillet over medium-high heat. Swirl to coat the entire surface of the pan. Add the garlic and shallots, stirring continuously for 1-2 minutes, or until fragrant.
- Add the bok choy - cut side up - soy sauce, and sesame oil. Cover and cook for 1-2 minutes., flip bok choy cut side down, cover and continue to cook until bok choy is cooked to desired doneness (approximately 3-5 minutes more).
- Sprinkle with crushed red pepper.
- Make fried rice while bok choy is cooking: Beat 2 eggs with ½ tablespoon oil, set aside.
- Stir fry carrot & broccoli stems in ½ tablespoon oil about 2 minutes. Add broccoli florets, snap peas & scallions. Stir fry about 2 minutes more. Remove veggies.
- Add remaining tablespoon oil to same pan. Add rice and stir quickly so rice doesn't stick to pan and will be well coated with oil. Add soy sauce and sugar. Mix well.
- Make a large well in the center of the fried rice and add the beaten eggs, mixing and breaking the eggs into little pieces, until fully cooked. Gradually incorporate the rice with the eggs.
- Return veggies to pan and mix all ingredients together.