



BAK CHOY SHIITAKE STIRFRY



Prep Time
5 Minutes



Cook Time
10 Minutes



Yield
1 bowl

NOTE: To serve more people just increase as needed!

Ingredients

2x Tablespoon of Olive Oil
1x Teaspoon of Sesame Oil
1 1/2x Tablespoon of Oyster Sauce
1x Cup of Yellow Onion (sliced)
3-4x Cloves of Garlic
1x Cup of Broccoli
3-4x Whole Stalks of Bak Choy
1x Cup of Shiitake Mushrooms (chopped – add more if you want!)
1x Cup of Liquid (Water / Chicken Broth / Beef Broth / Vegetable broth)
1x TeaSpoon of soy sauce (optional)

This recipe goes great with cooked quinoa. Log on to Restore Malaysia website and learn how to cook quinoa.

RESTORE™ Tip

You can add meat like chicken OR beef to this dish for extra protein and flavour. We hope you enjoyed this SUPER nutritious, SUPER delicious meal. Cheers to your health!

Instructions

- 1) Prepare the vegetables. Cut the bak choy and separate the stalks from the leaves. Set aside.
- 2) Next, chop the broccoli, onion, garlic and shiitake mushrooms. Set aside.
- 3) Place your pan/wok on the stove and turn the heat to medium-low.
- 4) Then, pour in the olive oil and the sesame oil.
- 5) Once the oils have been heated, add the sliced onion and garlic.
- 6) Saute the onion and garlic for about one minute. Then add the bak choy stalks and broccoli.
- 7) Add the water/broth/soy sauce to the pan and then add the mushrooms.
- 8) Lower the heat and cover the pan for 3-4 minutes.
- 9) Remove top and stir and add in the bak choy leaves to cook and the oyster sauce.
- 10) Once the bak choy leaves have softened, it's time to serve!
- 11) Serve the stir-fry on a plate OR on top of a bed of warm, cooked RESTORE™ Quinoa.
- 12) Grab a spoon and ENJOY!