

Stir Fry Chicken & Bok Choy

<u>Ingredients</u>	<u>Quantity</u>	<u>Instructions</u>
soy sauce	2 TBSLP	
rice vinegar	2 TBSLP	
toasted sesame oil	1 ½ TBSLP	
Chinese chili oil	1 tsp	(or hot toasted sesame oil)
oyster sauce	1 tsp	
cornstarch	1 ½ TBSLP	
soy sauce	1 ½ TBSLP	
fresh ginger	2 TBSLP	minced & divided into two piles
garlic cloves	4 large	minced & divided into two piles
chicken breasts	1 pound	cut into ½ inch strips
vegetable oil	4 TBSLP	
bok choy	½ pound, thinly sliced	

- In a small bowl, whisk together the first five ingredients to make the marinade.
- Put the chicken in a large bowl. Pour half of the marinade over the chicken. Toss in half of the garlic and ginger. Let stand for 20 minutes.
- Dump the other half of the garlic and ginger into the marinade bowl.
- In a very small bowl, whisk together the cornstarch and soy sauce. After the chicken marinates, toss the cornstarch mixture into the chicken mixture, and mix well.
- Heat a 12-inch cast iron skillet over medium-high heat for several minutes. Then add 2 TBSLP vegetable oil. After the oil is shimmering, add the chicken in an even layer. Let cook undisturbed for 2 minutes, then flip over and cook another 2 minutes. Toss around, then transfer to a plate.
- Add the remaining 2 TBSLP oil to the skillet. Add the bok choy, & toss for 2 minutes. Add the rest of the garlic and ginger and marinade, and cook for about 30 seconds. Return the chicken to the skillet and toss everything together for another 30 seconds.
- Serve immediately. Serves two. To stretch the recipe across more people, serve with rice or rice noodles.

NOTES: This is a quick and easy, super yummy and nutritious dinner. I use Chinese Caiziyou oil that I buy online from The Mala Market as the vegetable oil. You can alternatively use avocado oil, as it can take the high heat and has a complementary flavor. I make homemade Chinese Chili Oil from the recipe and ingredients at The Mala Market.