



# Sir Fried Mushrooms and Bok Choy

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Recipe by Carole Mason

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This simple and healthy traditional Thai stir fry is a joy to cook with children and encourages them to widen their vegetable repertoire.

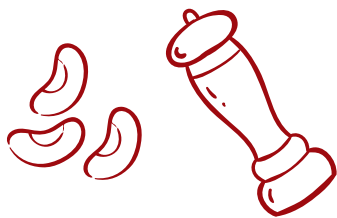
## List of ingredients:

- 2 tablespoons of vegetable oil
- 1 tablespoon of chopped garlic
- 2 handfuls of bok choy, washed well, leaves separated
- 1/2 tablespoon of fish sauce
- 1/2 tablespoon of light soy sauce
- 1/2 tablespoon of oyster sauce (optional)
- 1 handful of sliced mushrooms
- 1-2 tablespoons of stock or water



## Method:

1. Heat the oil in a pan and fry the garlic until golden brown.
2. Add the bok choy and season with fish sauce, light soy sauce and oyster sauce if using.
3. Add the mushrooms and water or stock and cook for a minute.
4. Briefly stir until the bok choy wilts and remove from the heat.
5. Serve immediately ideally in the pan as this needs to be eaten hot.



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Recipes from the cookbook "Mae's Ancient Thai Food". Book available from Amazon

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