

## MORTON & BASSETT SPICES®

# Honey Glazed Bok Choy



- 4 baby bok choy (halved)
- 1 Tbsp olive oil
- 1 ½ Tbsp honey
- 1 Tbsp soy sauce
- salt to taste
- ½ tsp Morton & Bassett Red Chili Flakes
- 2 tsp Morton & Bassett Sesame Seeds
- 1 tsp Morton & Bassett Fine Ground Black Pepper

Preheat oven to 400F. Place bok choy on baking sheet and drizzle with olive oil and a big pinch of salt and pepper. Bake until soft and tender, about 10-12 minutes.

While bok choy bakes make your dressing by mixing the honey, soy sauce, and red pepper flakes in a small bowl.

Place your roasted bok choy on a platter and drizzle with dressing and sprinkle with sesame seeds (and extra red pepper flakes if you like heat!)



[mortonbassett.com](http://mortonbassett.com)

