



**The Gathered Green**

ABN: 60 149 134 643

P: 0409 841 048

jane@thegatheredgreen.com.au

## SPICY ROASTED BOK CHOY

Thank you to theheartlesskitchen.com for this simple recipe and picture.

*Serves 4, as a side*

### Ingredients

- 1 large head of bok choy
- 2 tablespoons olive oil
- 2 tablespoons sesame oil
- 3 tablespoons tamari
- 2 cloves garlic, minced
- 1 teaspoon of grated fresh ginger
- 1-2 teaspoons red pepper flakes (alter depending on preferred level of spice)
- 2 teaspoons sesame seeds





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## Method

Preheat oven to 200 degrees celcius.

Wash and pat dry bok choy before cutting into quarters lengthwise. In a small bowl, whisk together the remaining ingredients.

Place bok choy on a large baking sheet and pour the marinade all over the bok choy wedges. Gently rub the bok choy with your fingers to make sure the marinade gets under some of the layers.

Roast for 6 to 7 minutes, until wilted and tender-crisp.

Enjoy!

Jane

