

Cabbage & Bok Choy Stir-Fry



1/4 head green cabbage, cut into thin ribbons

1 small bunch regular bok choy, rinsed and sliced into small strips (stalks & leaves separately)

1 Tbsp liquid aminos

1 Tbsp rice vinegar

2 tsp toasted sesame oil

1 tsp red pepper flakes (optional)

1 Tbsp sesame seeds (optional)

1. Heat a large skillet to medium-high heat.
2. Add cabbage and 1 Tbsp water. Saute for 2-3 minutes, tossing occasionally.
3. Once cabbage has started to wilt, add bok choy (sliced stalk first, then leaves), liquid aminos, and rice vinegar.
4. Continue sauteing until the cabbage and bok choy have wilted, then turn off heat and add sesame oil, red pepper flakes and sesame seeds. Serve immediately.