



Sauteed Bok Choi & Red Peppers with Ras el Hanout

This makes a quick, colourful side dish. Switch out the baby bok choy for other Chinese greens, rainbow chard or whatever is in season.

Ingredients:

4 baby bok choy, sliced in half lengthwise

1-2 tsp olive oil

½ tsp - 1 tsp Ras el Hanout

Salt to taste

1 red pepper, sliced

1 clove garlic, thinly sliced

Spices Used: Ras el Hanout

2 Servings

Instructions:

1 - Place bok choy cut side up on a plate or cutting board and drizzle with olive oil. Sprinkle liberally with Ras el Hanout and salt to taste. Use your fingers to rub the oil and spices into the leaves a bit.

2 - Heat a pan or wok over medium heat. Add a bit of oil just to coat the pan. Place bok choy cut side down in the pan and let cook 3-4 minutes or until the leaves begin to wilt a bit and they have begun to brown slightly. Flip over and cook another minute.

3 - Make a space in the middle of the pan, add 1/2 tsp more olive oil. Add the garlic and let cook 30 seconds. Add red pepper and combine with the garlic. After 1-2 minutes stir together with the bok choy.

4 - Remove from pan and arrange on a serving platter.