

Sesame Ginger Veggies

Ingredients:

- 1 tsp toasted sesame oil
- 1 TBSP soy sauce
- 1 TBSP water
- Pinch of red chili flakes
- 1 TBSP vegetable oil
- 4 cloves garlic chopped
- 2 tsp fresh ginger
- 1 lb vegetables (bok choy, green beans, broccoli...try whatever you have with this method!)

Note: For bok choy or other veggies with a dense stalk, separately chop the dense part and the leaves.

Sesame seeds for garnish (optional)

Instructions

1. Combine sesame oil, soy sauce, water and chili flakes in a small bowl. Set aside.
2. Heat the vegetable oil in a large skillet over medium heat and cook the garlic and ginger 1-2 minutes before they start to brown.
3. If using bok choy or any vegetable with dense stocks, cook the dense part for 3-4 minutes before adding leaves and soy sauce mixture. Other vegetables, cook for 3-5 minutes, then add soy sauce mixture. Cook for 2 minutes more until heated through and vegetables are cooked to the desired doneness.
4. Optional: sprinkle with sesame seeds and serve.

The story behind this recipe. No story...just a nice method for cooking a vegetable side dish.