

Bok Choy and Mushroom Stir Fry

Yield: 4 min
Total Time: 23 min

Recipe from: <https://www.recipeschoose.com/recipes/chinese-bok-choy-and-mushroom-recipe>

Ingredients:

- 2 tablespoons water
- 2 tablespoons soy sauce
- 1 tablespoon vegetarian oyster sauce or regular oyster sauce
- 1 teaspoon sugar
- 1/4 teaspoon ground black pepper
- 1/2 teaspoon sesame oil
- 1 tablespoon cornstarch
- 2 tablespoons water
- 1 pound baby bok choy cut to large bite-size pieces
- 1 pinch salt
- 2 1/2 tablespoons peanut oil
- 1 pound brown mushrooms halved, or quartered if the size is too big
- 4 chili peppers dried Chinese
- 2 garlic cloves minced
- 1 ginger thumb, minced
- 2 green onions sliced

Nutrition:

1. Calories: 160 calories
2. Carbohydrate: 16 grams
3. Fat: 9 grams
4. Fiber: 3 grams
5. Protein: 7 grams
6. SaturatedFat: 1.5 grams
7. Sodium: 730 milligrams
8. Sugar: 5 grams

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