

Steamed Bok Choy



Serves	4
Prep time	5 minutes
Cook time	10 minutes
Total time	15 minutes
Allergy / Intolerance	Amines , Artificial Additives , Artificial Colours , Dairy , Egg , Glutamates , Preservatives , Salicylates , Wheat
Suitable for	Dairy / Lactose Free , Gluten Free , RPAH Elimination Diet - Moderate Chemical , Salicylate Challenge
Meal type	Side Dish
Misc	Child Friendly , Serve Hot
Website	Martha Stewart

Ingredients

- 400g bok choy (washed and ends trimmed)
- 1/4 cup water
- 2 tablespoons rice bran oil
- 1 clove garlic (chopped)
- Salt

Directions

1. Bring the water to boil in a frying pan with a lid. Add the bok choy, cover and simmer over low to medium heat until tender, about 5 - 7 minutes.
2. Uncover and cook until the water has evaporated.
3. Add the oil and garlic. Cook, tossing until the garlic is fragrant.
4. Season with salt and serve.

Note

Moderate Salicylates, Low Glutamates, Low Amines