

Mushroom Bok Choy Stir-fry



This quick and easy vegetable stir-fry is a popular dish in Chinese cuisine. It features mushroom and leafy greens which provides various nutrients such as vitamins, minerals, fiber and antioxidants. This recipe can be served as a vegetable side dish along with your whole grains and protein foods to make a balanced meal.

CONTAINS: Gluten
 SERVING SIZE : 1 cup
 NUMBERS OF SERVINGS : 3
 PREPARATION TIME : 30 minutes

INGRÉDIENTS / INGREDIENTS

QUANTITÉ / AMOUNT

Shanghai Bok Choy, fresh, chopped	4 units (500 g)
Shiitake mushroom, fresh, sliced	12 units (200 g)
Garlic, fresh, chopped	2 cloves (6 g)
Vegetable oil	2 tbsp
Oyster sauce	1 tbsp
Salt	1 tsp
Black pepper	1 tsp

Valeur nutritive

Nutrition Facts

3 servings per container	
Serving size	1 cup
Amount Per Serving	
Calories	140
% Daily Value*	
Total Fat 9g	12%
Saturated Fat 0.7g	4%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 650mg	28%
Total Carbohydrate 10g	4%
Dietary Fiber 3g	11%
Total Sugars 4g	
Includes 0g Added Sugars	0%
Protein 4g	8%
Vitamin D 0.4mcg	2%
Calcium 195mg	15%
Iron 1.8mg	10%
Potassium 1175mg	25%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

METHOD :

1. Trim the bases of bok choy and separate outer leaves from the stalks. Leave the smallest in leaves attached. Rinse and dry bok choy in a salad spinner. Cut the bok choy into pieces.
2. Rinse the mushroom. Cut it into slices.
3. Heat a large frying pan over medium-high heat. Add vegetable oil and garlic, sauté for 30 seconds or until fragrant.
4. Add mushrooms and stir-fry it about 2 minutes until they just begin to brown.
5. Add bok choy and stir fry for 1-2 minutes until soft.
6. Add oyster sauce, salt and pepper, stir for 1 minute to mix it well.
7. Plate it and enjoy.

Photo et recette adapté de : <https://www.soscuisine.com/recipe/blueberry-smoothie-bowl>

Minnie Su, Level 4 McGill Dietetic Student and Théa Demmers, P.Dt., M.Sc.