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# BOK CHOY STIR FRY

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So good it was all gone before it was shared.



## Ingredients

1 head Bok Choy  
4 carrots, shredded  
2 cloves garlic, minced  
1 onion, chopped  
2-3 cups cooked rice  
Salt & pepper to taste  
lemon juice (optional)

\*Check with Triple M Acres  
for bok choy, carrots, onions,  
& garlic

## Directions

- 1 Cut bok choy leaves off stems. Chop stems and keep separate from chopped leaves.
- 2 Melt ~1 tablespoon of coconut oil or butter in cast iron skillet. Add in onion and Bok Choy stems, and sauté until tender.
- 3 Add shredded carrots, Bok Choy leaves, and garlic. Cook until desired tenderness, stirring often.
- 4 Add cooked rice, salt, pepper, and 1/2 lemon freshly squeezed. Stir to combine.  
Enjoy!