

Idiot's Kitchen Recipe – Stir Fried Shrimp & Bok Choy

Recipe from idiotskitchen.com – Adapted from Food & Wine



Ingredients:

- 1 pound peeled & deveined shrimp – preferably wild-caught
- 1 large bok choy or 1 pound baby bok choy
- 2 Tablespoon oil (vegetable oil, peanut oil, or olive oil)
- ½ large onion, sliced
- 1 Tablespoon ginger, grated
- 2 Tablespoons soy sauce/gluten free tamari
- 2 Tablespoons white wine
- 1 Tablespoon rice vinegar
- 1 Tablespoon fish sauce
- 2 Tablespoons brown sugar
- 1 Tablespoon chili garlic sauce (or more to taste)

Rice suggested for serving. Start the rice first as it takes longer to cook.

In a small bowl, combine 2 Tablespoons soy sauce/tamari, 2 Tablespoons white wine, 1 Tablespoon rice vinegar, 1 Tablespoon fish sauce, 2 Tablespoons brown sugar, and 1 Tablespoon chili garlic sauce. Stir to combine and dissolve the sugar then set aside.

Thinly slice ½ of a large onion. Cut the bottom stem (about 2 inches) off the large bok choy (you can leave the stems on baby bok choy) and cut it into largish, bite sized pieces. Rinse your bok choy to remove any dirt and grit.

In a large pan or wok, heat 2 Tablespoons of oil over high heat. Add the sliced onion and stir fry quickly for 2 minutes. When the onion is starting to get tender, add the shrimp and 1 Tablespoon grated ginger and cook very quickly, only 1-2 minutes per side. Do not overcook the shrimp.

Turn the heat down to medium and add the sauce to the pan. Stir to combine and then add the bok choy. If you're using big bok choy, add the stem pieces first as they will take a minute longer than the leafy parts. Stir the bok choy down into the sauce and cook 1-2 minutes until tender but still crisp. You can add more green leafy parts as the bok choy wilts.

Serve over rice. Makes 4 servings.