

Bok Choy

Available

All year round.

Buy

Greens should be clean, fresh and crisp.

Store

In plastic bags in the fridge.

Prepare



Wash to remove the soil.



Cut in half.



Slice the whites finely and roughly chop the greens.

Cook

Can be:



Boiled



Stir-fried



Soup



Salad



Bok choy and mussel soup

(serves 4)

Ingredients

1 onion, chopped
2 tablespoons oil
1 teaspoon curry powder
2 tablespoons tomato sauce
1 chicken stock cube
1 litre water
24 whole mussels
2 carrots, sliced
3-4 bok choy
125 grams Vermicelli noodles
3 tablespoons lemon juice

Method



1 Heat oil in a large pot and cook onion until soft. Add curry powder and stir briefly.



2 Add tomato sauce, stock cube, water, mussels and carrots. Cover and cook until mussels have opened.



3 Slice bok choy crosswise into thin slices. Keep the white and green parts separate. Add white bok choy and noodles. Cover and cook for 5 minutes.



4 Add green bok choy. Cover and cook for 1 minute. Then squeeze lemon juice over and serve.

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