

Sweet and Creamy Baby Bok Choy

Serving size

4

Preparation time

5 minutes

Cooking time

10 minutes

Ingredient(s)

4 c. (1 L.) baby bok choy, sliced in half lengthwise

2 T. butter

2 cloves garlic

1 c. (240 ml.) heavy cream

1 T. (15 ml.) maple syrup

Salt and pepper to taste

Directions

Heat butter in a frying pan over medium-high heat. Add garlic and cook for one minute.

Add cream and maple syrup, and bring to a light boil. Simmer for four to five minutes, in order for the sauce to reduce by a third. Reserve.

Heat grill pan over high heat. Add bok choy to grill pan and lightly char on all sides for two-three minutes each. Remove bok choy from grill pan and put in cream sauce. Bring to a boil for about a minute. The sauce should coat the bok choy completely.

Season with salt and pepper, and serve immediately.

Serve with [fennel and rootbeer marinated cod](#).

Associated media



Online link(s)

[Fennel and Rootbeer Marinated Cod](#)