



## Meat Free Monday

### Bok Choy in Oyster Sauce

Serves 4 - 6

#### ingredients

- 6 Bok Choy
- 30 grams King Oyster mushrooms
- 2 tbsp Vegetarian Oyster sauce
- 1 tsp salt
- 1 tbsp wine
- 1 tbsp oil
- ½ tbsp cornstarch
- ½ tsp ginger and spring chopped finely and mixed together
- 4 cups water
- 5 tbsp vegetable stock

#### preparation

Wash the Bok choy and cut into four, lengthways

Slice the King Oyster mushrooms. Boil the 4 cups of water and cook the bok choy briefly for 30 seconds. Remove from Wok and drain. Heat 1 tbsp vegetable oil add the bok choy and 1 tsp salt, fry quickly, then remove and place on serving dish lengthways. Take the wok, add 1 tbsp oil, the ginger and spring onion mix and the mushrooms. Stir fry for 20 seconds and add the oyster sauce with the salt, sugar, wine, and vegetable stock. Bring to a boil and add the cornstarch to thicken. Pour onto the bok choy.