

# Seared Bok Choy with Sesame Vinaigrette



5 from 2 votes

Prep Time  
5 mins

Cook Time  
6 mins

Course: Side Dish    Cuisine: Asian    Diet: Vegetarian    Keyword: bok choy  
Servings: 4 servings    Calories: 91kcal    Author: Taesha Butler

## Ingredients

- 3 Tablespoons low-sodium soy sauce or tamari, or coconut aminos
- 1 teaspoon rice vinegar\*
- 1½ teaspoon toasted sesame oil
- 2 teaspoons honey or maple syrup, or cane sugar
- ¼ teaspoon garlic powder
- 1 Tablespoon avocado oil or vegetable oil
- 1 pound baby bok choy, halved large bok choy, quartered
- 1 Tablespoon sesame seeds
- ¼ cup sliced scallions optional

## Instructions

1. In a small bowl or liquid measuring cup, add the soy sauce, rice vinegar, sesame oil, honey, and garlic powder. Whisk to combine.
2. Heat oil in a large skillet over medium-high heat. Add the bok choy in one layer cut side down. Cook until browned, 1 to 2 minutes, then flip over and cook on the other side for a minute. The bok choy is cooked when the leaves are wilted and the bulb part is tender but still crisp. You may have to do this in 2 or 3 batches, depending on the size of your pan. Do not overcrowd you pan, as the bok choy won't cook evenly.
3. Once all the bok choy is browned and softened, add it all back to the pan and turn off the heat.
4. Pour the vinaigrette over the cooked bok choy and stir to coat.
5. Transfer the bok choy to a serving platter or bowl then sprinkle with the sesame seeds and scallions, if using. Serve warm or at room temperature.

## Notes

\*If you don't have rice vinegar, you can use white wine vinegar or apple cider vinegar.

## Nutrition

Calories: 91kcal | Carbohydrates: 7g | Protein: 3g | Fat: 6g | Saturated Fat: 1g | Polyunsaturated Fat: 2g | Monounsaturated Fat: 3g | Sodium: 507mg | Potassium: 73mg | Fiber: 2g | Sugar: 4g | Vitamin A: 5109IU | Vitamin C: 52mg | Calcium: 153mg | Iron: 1mg