

Bok Choy with Shiitake Mushrooms



Have you noticed the change in my blog's header? I have wanted to update the header for a while but did not have the time nor the inspiration to do it until recently, when a friend asked for my blog address. I said in a very comfortable manner "simplerecipes[dot]me". She then asked me right away "what? simplerecipes[dot]me[dot]com?". I then had to explain that instead of [dot]com it is [dot]me . She was very confused...she is not the first person and will not be the last person that will give me a puzzled or suspicious look after I say [dot]me. So here I am, with a new header look...I hope I did not confuse you...even more...actually nothing has changed, my domain name is still the same but just now it is stated in the header. By the way, last week I had the chance to change the Simple Recipes Facebook cover as well.

Okay, enough of blog's header explanation...today I am sharing with you a dish that I often make. It is a very simple recipe to enhance any green vegetable. In this one I use bok choy...it is great as a side dish and pairs very well with fish or chicken. It is so simple and yet very tasty. The addition of shiitake mushrooms gives the bok choy a real novel taste.

Ingredients:

1 bunch of bok chop cut into approximately 1½ in
3 garlic cloves chopped
5 to 6 dry shiitake mushroom
1 tablespoon olive oil
Salt and pepper to taste



Method:

Soak the shiitake mushrooms in one cup of warm water until soft. Squeeze the water out of the mushrooms and slice them. Reserve the water.

In a wok or fry pan heat the olive oil and add the garlic stir and add the mushrooms. Sauté until the mushroom are slightly golden. Add the bok choy and stir fry until the leaves are wilted. Add salt and pepper to taste.

Remove from the heat and serve hot or warm.



I hope you enjoy this simple recipe of Bok Choy with Shiitake Mushroom.

Did you know that shiitake mushrooms are native to East Asia? Moreover, these mushrooms have been used medicinally by the Chinese and it can be found nowadays throughout the supermarkets across the World. Shiitake mushrooms are a very good source of vitamins B2, B5 and B6 and they are low in calories.

***Thank you for stopping by Simple Recipes [Dot] Me
and have a great week!***