



Savory baby bok choy with quinoa & brown rice
RECIPE

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COOK TIME 7 min
PREP TIME 3 min
MAKES 4 servings

This Asian-inspired recipe isn't just quick, it's also convenient because it can be made with either bok choy or broccoli spears. Korean Gochujang sauce and toasted sesame oil contribute to the dish's Pacific Rim flavor profile.

INGREDIENTS

- 4 heads baby bok choy or long broccoli spears
- 2 Tbsp. cooking oil
- 2 Tbsp. gochujang sauce
- 3 Tbsp. water
- 1 tsp. toasted sesame oil
- 1 package of SEEDS OF CHANGE™ Organic Quinoa and Brown Rice with Garlic
- 1 tsp. sesame seed

DIRECTIONS

1. Cut each baby bok choy in half lengthwise.
2. In 12-inch nonstick skillet, heat oil over medium heat.
3. Place bok choy, cut side down, in oil.
4. Cover and cook 3 minutes or until crisp tender and browning on cut edges.
5. Meanwhile, in small bowl, stir together gochujang sauce, water and oil.
6. Turn bok choy over and push to one side of skillet.
7. Stir in SEEDS OF CHANGE™ Organic Quinoa & Brown Rice with Garlic and gochujang mixture; heat through.
8. Place bok choy over rice; sprinkle with sesame seed.

NUTRITION INFO

Column 1	Column 2
Servings	4
Calories (per serving)	180
Total Fat	7g
Saturated Fat	1g
Trans Fat	0g
Total Fat % DV	9%
Saturated Fat % DV	5%
Trans Fat % DV	0%
Cholesterol	0mg
Cholesterol % DV	0%
Sodium	390mg
Sodium % DV	17%
Total Carbohydrate	27g
Dietary Fiber	2g
Sugars	4g
Total Carbohydrates % DV	10%
Dietary Fiber % DV	7%
Protein	4g

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[Smoky almond orange salad](#)

Cook time

0 min

Prep time

15 min



Roasted brussels sprouts with whole grains and fruit

Cook time

20 min

Prep time

10 min



Creamy roasted cauliflower & whole grains soup

Cook time

30 min

Prep time

30 min

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