



# Bok Choy and Asparagus Stir Fry

4 servings

Prep time: 15 minutes

Cook time: 10 minutes 1/4 cup chicken stock\*

2 TBS. Mirin

1 tsp. honey

1 1/2 tsp. cornstarch

salt and pepper

1/4 lb. smoked ham or kielbasa, diced (optional)\*

1/2 lb. baby Bok Choy, trimmed and shredded

1/2 lb. asparagus, trimmed and cut into 1 inch pieces

1 TBS. vegetable oil steamed rice

In a small bowl, combine chicken stock, mirin, honey, cornstarch and salt and pepper, and stir until smooth. Set aside.

Steam rice and set aside

Place sauté pan or wok over medium heat. Add vegetable oil and when hot, add the ham and stir fry for 1 minute. Add bok choy and asparagus and stir fry until crisp tender, about 2 minutes. Add the stock mixture to the vegetables and stir to coat.

Cook, stirring, until the vegetables have absorbed most of the sauce and are moist and tender, 3-5 minutes. Remove from heat. Serve immediately with steamed rice.