



## Roasted Bok Choy

Savannah · 29/09/2024



### Prep Time

20 mins

### Difficult

Medium

### Servings

4

### Description

A lightningfast healthful side dish that tastes absolutely heavenly Add tofu or beans and rice and youve got a compete meal These would be delicious on the grill too

### Ingredients

- - 2 pounds baby bok choy
- halved - 2 tablespoons liquid amino acid (such as Bragg®) - 4 teaspoons olive oil - 6 slices fresh ginger - 3 cloves garlic
- sliced - 1 teaspoon ground turmeric - 1 teaspoon curry powder - ½ teaspoon fines herbs - ½ teaspoon dried basil - ? teaspoon red pepper flakes - freshly ground black pepper to taste

### Instructions

1. Preheat oven to 425 degrees F (220 degrees C). Line a baking sheet with parchment paper. Mix bok choy
2. liquid amino acid
3. olive oil
4. ginger
5. garlic
6. turmeric
7. curry powder
8. fines herbs
9. basil
10. red pepper flakes together in a large bowl; season with black pepper. Place coated bok choy on the prepared baking sheet; pour remaining liquid over bok choy. Bake in the preheated oven until thickest ends of bok choy are tender
11. 6 to 10 minutes.