Bean curd garlic bok choy



About 15 minutes · Serves 2

Ingredients

- 350 g baby bok choy, washed and halved lengthways
- 1 cube Tian Fu sesame oil fermented bean curd
- 3 garlic cloves, sliced; 1 tbsp cooking oil
- 3 tbsp water

Method

1. Mash the bean curd with the water to make a smooth sauce.
2. Heat the oil in a wide pan and briefly cook the garlic. Add bok choy, cut-side down, and cook for 2 minutes.
3. Add the sauce, cover and cook for 3–4 minutes until tender. Gently turn to coat and serve.

Adjust the sauce and spice level to your taste.

Made with Tian Fu



Sesame oil fermented bean curd

180g / 6oz.

Cooking times are approximate. Check product labels for ingredients and allergens.