



Nourish Recipe

## Chicken Bok Choy Stir Fry

Servings: 4

### What you'll need



measuring  
spoons



measuring  
cups



wok



### Ingredients

2 Tbsp sesame oil

1 ½ lbs boneless, skinless chicken breast, chopped in bite-sized pieces

4 cups mushrooms, sliced

1 ½ lbs bok choy, chopped into large pieces

½ tsp sugar

1 Tbsp soy sauce

1 Tbsp fish sauce, optional

3 Tbsp lime juice

½ tsp chili flakes, optional

2 cups green onions, sliced into 1" pieces

2 Tbsp cilantro, optional

2 Tbsp sesame seeds

# Chicken Bok Choy Stir Fry

## Instructions

1. In a large skillet, heat sesame oil (2 Tbsp) on medium heat.
2. Once hot, increase heat to medium-high, add chicken (1 ½ lbs) and cook until half-cooked, stirring continually.
3. Add mushrooms (4 cups) and sauté for 2-3 minutes, stirring frequently.
4. Add bok choy (1 ½ lbs) and sauté until the white part of the bok choy becomes tender, about 5-6 minutes.
5. Combine sugar (½ tsp), soy sauce (1 Tbsp), fish sauce (1 Tbsp), lime juice (3 Tbsp) and chili flakes (½ tsp); add to pan and stir.
6. Add green onions (2 cups) and stir well. Continue cooking over medium-high heat to reduce liquid slightly, about 2-3 minutes.
7. Garnish with sesame seeds and cilantro and serve with brown rice.



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## Nutrition Facts

Servings 4

Amount Per Serving

**Calories** **347**

% Daily Value

**Total Fat** 14g **18%**

Saturated Fat 1.4g **7%**

**Cholesterol** 109mg **36%**

**Sodium** 784mg **34%**

**Total Carbohydrate** 14.5g **5%**

**Dietary Fiber** 4.4g **16%**

**Sugars** 5.7g

**Protein** 43.2g

Vitamin D 252mcg **1261%**

Calcium 275mg **21%**

Iron 6mg **31%**

Potassium 1503mg **32%**