

Sesame + Mustard Pac Choi



INGREDIENTS

- Two heads Pac Choi
- 2 tablespoons whole grain mustard
- 2 tablespoons low sodium soy sauce or tamari
- Pinch of red pepper flakes
- Salt and Pepper
- 1 Teaspoon of sesame oil
- 1.5 tablespoons toasted sesame seeds
- 2 tablespoons olive oil

INSTRUCTIONS

1. Cut Pac Choi into 1 inch chunks. Keeping the green and white stalk separate.
2. Add mustard, soy sauce, red pepper flakes and sesame oil to a bowl. Mix and season with salt and pepper.
3. Heat pan or wok over high heat.
4. Put olive oil in pan. Add in white part of Pac Choi first, season with salt and pepper. Toss and cook for 2 minutes.
5. Add green part of Pac Choi and sauce, toss and mix. Cook for an additional 2 minutes.
6. Put in serving bowl and sprinkle with sesame seeds.