

Savory Ground Meat and Bok Choy Stir-Fry - 20-Minute Meal

Stir-Fried Bok Choy with Ground Meat



TIME
30 min

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INGREDIENTS

- 1 lb ground pork or beef
- 1 tbsp vegetable oil
- 2 cloves garlic, minced
- 1 inch ginger, minced
- 1 tbsp soy sauce
- 1 tbsp oyster sauce
- 1 tbsp Shaoxing rice wine (optional)
- 1 tbsp brown sugar
- $\frac{1}{8}$ tsp black pepper
- 1 head bok choy, chopped (separate stems and greens if preferred)
- 2 tbsp sesame oil (optional, for finishing)

DIRECTIONS

- 1.** Brown the Meat: Heat vegetable oil in a large wok or skillet over medium-high heat.
- 2.** Add ground pork or beef and break it up with a spatula.
- 3.** Cook for 5-6 minutes, or until browned and no longer pink.
- 4.** Add Aromatics: Stir in minced garlic and ginger, cooking for 1 minute until fragrant.
- 5.** Build the Sauce: Add soy sauce, oyster sauce, rice wine (if using), brown sugar, and black pepper.
- 6.** Stir well and let simmer for 1-2 minutes to allow the sauce to coat the meat.
- 7.** Add the Bok Choy: Stir in chopped bok choy and toss to combine.
- 8.** Cook for 2-3 minutes, until the bok choy is wilted but still vibrant and slightly crisp.
- 9.** Finish and Serve: Drizzle with sesame oil, if using, for extra aroma and depth.
- 10.** Serve hot over steamed rice, noodles, or on its own.

TIPS FOR SUCCESS

- Separate bok choy stems and leaves if using full heads.
- Cook stems first for better texture.
- Swap brown sugar for honey or maple syrup for subtle flavor variation.
- For a spicy kick, add a dash of chili oil or sliced fresh chili during the final stir.

