

MB Garlic Roasted Bok Choy (v)

Ingredients

- 1 large head bok choy
- ¼ cup melted ghee
- 1 teaspoon sea salt
- ½ teaspoon black pepper
- 4 cloves garlic, minced

Instructions

1. Preheat the oven to 425 degrees F.
2. Cut the bok choy into fourths or eighths lengthwise (depending upon thickness)
3. Arrange the bok choy in a single layer on a large baking sheet, cut side down. Drizzle with half of the melted ghee. Sprinkle half of the salt and pepper. Repeat the ghee, salt, and pepper on the other side.
4. Flip back over so that the cut side is up. Spread the minced garlic all over the bok choy with your hands.
5. Roast the bok choy in the oven for 8-10 minutes on the lower rack. Rotate the pan and roast for about 8-10 more minutes until the leaves start to get lightly charred.