

Miele

Blackened bok choy with sesame and orange sauce

By Miele

10 minutes

Preparation Time

10 minutes, plus infusing time

Cooking Time

6 serves

Serves



INGREDIENTS

80 ml (? cup) vegetable oil
½ orange, zested and juiced
50 g (? cup) sesame seeds
2 tsp rice wine vinegar
2 tsp tamari
2 tsp mirin
1 bunch bok choy (approximately 500 g),
halved lengthwise

Miele Accessories

Tepan yaki plate
Gourmet oven dish

METHOD

1. Warm the oil in a small saucepan on medium heat, induction setting 6, for 1 minute. Add the orange zest to the warm oil and infuse for 10 minutes.
2. Meanwhile, toast the sesame seeds in a frying pan on medium high heat, induction setting 7, for 5 minutes, stirring often. Allow to cool and reserve 1 tablespoon to serve.
3. Blend or process the remaining sesame seeds for 1 minute, or until they form a paste. Add the orange juice, vinegar, tamari and mirin, then blend again until combined. Add half of the orange oil and blend.
4. Preheat a tepan yaki plate or large frying pan on high heat, induction setting 7, for 5 minutes.
5. Place the bok choy onto the preheated tepan yaki plate. Place a heavy weight, like the gourmet oven dish, on top to weigh the bok choy down and cook for 5 minutes.
6. Place the blackened bok choy in a bowl and cover for 3 minutes to steam. Add the remaining orange oil to the bok choy and toss to combine.
7. Arrange the blackened bok choy onto a warmed serving plate and generously drizzle with the sesame and orange sauce. Sprinkle over the reserved toasted sesame seeds.

Sustainability tips to make your ingredients go further

- The unused orange half can be used in the 'Pickled carrots salad with shichimi togarashi' dish, or dehydrated for the 'Remains of the day cocktail'.