

Farm Fresh To You



## HARVEST OF THE MONTH

### *Bok Choy*

#### GRILLED BABY BOK CHOY WITH MISO BUTTER

##### INGREDIENTS

- 1 1/2 pounds bok choy (about 6 heads)
- 3 tablespoons unsalted butter at room temperature
- 3 tablespoons white or yellow miso paste
- 2 tablespoons olive oil
- 1 tablespoon freshly squeezed lemon juice
- Pinch of kosher salt
- Freshly ground black pepper

##### INSTRUCTIONS

Cut the bok choy in half. Then, cut the top part off the Mix the butter and miso with a fork until well combined. Set aside. Cut the leaves away from the bok choy stalks and halve the stalks lengthwise. Rinse the leaves and stalks well, then pat dry to remove excess water.

Prepare a medium-hot fire in a charcoal or gas grill. Put the bok choy stalks in a large bowl. Using your hands (or a fork), coat the bok choy with the miso butter.

Arrange the bok choy, cut side down, on the grill grate. Close the lid and grill until golden brown on the underside (about five minutes). Turn the bok choy with tongs, re-cover, and grill until golden and crisp-tender (about five to six minutes).

While the stalks are cooking, stack the bok choy leaves and roll them up lengthwise into a cigar shape. Slice the leaves crosswise into thin shreds. Make a bed from the shredded leaves on a serving platter. Drizzle the leaves with the oil and lemon juice, sprinkle with the salt and 1/4 teaspoon pepper, and toss to combine.

Put the grilled bok choy on the dressed salad to wilt the leaves; sprinkle additional pepper. Serve immediately.

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