

Easy Chinese Yu Choy Sum Recipe

This easy yu choy recipe is a healthy, tasty side dish that's been in our family's weekly rotation for years. It's the perfect accompaniment to any meal!

Prep Time	Cook Time	Total Time
30 mins	10 mins	40 mins



4.85 from 13 votes

Course: Vegetables Cuisine: Chinese Keyword: choy sum, yu choy
 Servings: 4 servings Calories: 98kcal Author: Bill

Ingredients

- 1 lb yu choy (450g)
- 2 tablespoons oil (divided)
- 1 tablespoon oyster sauce (or vegetarian oyster sauce)
- 1 tablespoon light soy sauce
- 1/2 teaspoon sesame oil
- 1/8 teaspoon ground white pepper

Instructions

1. First, wash your yu choy. We recommend that yu choy and all leafy green vegetables be washed three times to rid the leaves and stems of hidden dirt and sand. Once the veggies are cleaned and draining in a colander, bring a large pot of water to a boil.
2. While that's happening, heat 1 tablespoon of oil in a small saucepan over low heat for 30 seconds. Stir in the oyster sauce, soy sauce, sesame oil, and white pepper. Bring the mixture to a simmer, then immediately turn off the heat and set aside.
3. Once the water is boiled, add 1 tablespoon of oil to the boiling water. Add in the yu choy and stir gently. The yu choy will turn dark green in color. The blanching process takes only 30 seconds, but if your yu choy has thick stems, or if you like your vegetables to be more tender, you may want to cook them a little longer—up to a minute or so. Feel free to fish out a piece to taste (like you'd do when cooking pasta) if you're unsure.
4. Once they are ready, use a pair of tongs or chopsticks to remove them from the pot and arrange on a dish lengthwise. After you have plated the hot vegetables, some water may have drained off onto your platter. Be sure to carefully pour this off, or your sauce may be watery.
5. If the veggies are long, feel free to take kitchen scissors and cut them in half. But you can also leave them as is. Pour the warm sauce over the veggies and serve!

Nutrition

Calories: 98kcal | Carbohydrates: 5g | Protein: 3g | Fat: 8g | Saturated Fat: 1g | Sodium: 401mg | Potassium: 10mg | Sugar: 1g | Vitamin A: 11340IU | Vitamin C: 144mg | Calcium: 267mg | Iron: 2mg

Easy Chinese Yu Choy Sum Recipe by The Woks of Life. Recipe URL: <https://thewoksoflife.com/yu-choy-recipe/>