

Chicken and Bok Choy Soup

1 teaspoon sesame oil
1 teaspoon olive oil
2 cloves garlic, minced
1/2 cup grated carrot
1-inch piece ginger, peeled and minced
4 to 5 cups homemade or low-sodium chicken broth
8 ounces boneless, skinless chicken breast tenders
1 serrano or jalapeño pepper, stemmed and thinly sliced
2 heads baby bok choy, sliced crosswise
2 green onions, green part only, chopped
2 teaspoons rice wine vinegar
2 teaspoons oyster sauce
1 tablespoon low-sodium soy sauce
1/4 teaspoon fish sauce
1 teaspoon Sambal Oelek (optional)
Lime wedges, for serving

Add the oils to a wok or Dutch oven heated over medium high. Add the shredded carrot and sauté for a few minutes, then add the garlic and ginger and stir until fragrant.

Pour in the chicken broth, rice wine vinegar, oyster, soy and fish sauces to the broth. Raise the heat and cook until starting to boil, then add the chicken tenders and sliced chile pepper. Reduce the heat to medium and cook at a low simmer until the chicken is cooked through, about 10 to 15 minutes depending on the thickness. Remove the chicken from broth and set aside until cool enough to handle.

Meanwhile, add the bok choy and green onion to the broth. Optionally, add the Sambal Oelek if you like a little spicy. Simmer until greens are just tender, about 5 minutes.

Shred the chicken tenders with forks, then add back to the pot until warmed through.

Serve in bowls with a lime wedge for squeezing into the soup, to taste.