

🌿 Ingredients for Sesame-Miso Sous Vide Bok Choy

For the Sous Vide Bok Choy

4 baby bok choy

1 tablespoon olive oil

1 tablespoon freshly grated ginger

1 tablespoon miso paste

1 tablespoon soy sauce

Salt and pepper



To Assemble

Fish sauce

Sesame oil

Sesame seeds

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📖 Cooking Instructions for Sesame-Miso Sous Vide Bok Choy

For the Sous Vide Bok Choy

Preheat the water bath to 183°F (83.9°C).

Combine all ingredients in a bowl and toss to mix well. Pour into a sous vide bag and arrange in a single layer. Seal the bag then place in the water bath and cook for 15 to 30 minutes.

Once the bok choy is tender remove it from the water bath.

For more information on the cooking times you can read my detailed article which addresses [**why is there a range in sous vide cooking times**](#).

To Assemble

Remove the bok choy from the sous vide bag and place in a bowl. Drizzle with some fish sauce and sesame oil. Sprinkle with the sesame seeds then serve.