



Makes 3¾ cups
Preparation Time: 25 minutes
Cook Time: 25 minutes

INGREDIENTS:

- 1 lb. bok choy, ends trimmed and washed thoroughly to remove grit
- 1 lb. fresh shiitake mushrooms (or a mix of shiitake, oyster, and porcini mushrooms), finely chopped
- 3 scallions, finely chopped
- 2 to 3 teaspoons grated fresh ginger
- 3 cloves garlic, minced
- 1 tablespoon reduced-sodium soy sauce or tamari
- 1 teaspoon pure cane sugar
- ⅓ teaspoon sea salt

Bok Choy and Shiitake Mushroom Bao Bun Filling

A bao bun is only as good as its filling, and this savory medley is guaranteed to garner a round of applause from bao enthusiasts and beginners alike. All you need to coax out the flavors of bok choy and **mushrooms** is a touch of garlic and ginger. Both vegetables are high in water content, so be sure to blanch and squeeze the bok choy and brown the mushrooms to guarantee a flavorful filling. To cut down on prep time, pulse the mushrooms in a food processor so you can focus most of your energy on shaping the perfect bao parcels using our **whole wheat bao bun recipe**. Dip the finished product in a spicy soy sauce, and you'll be in blissful bao heaven. This recipe makes enough filling for 20 bao buns.

Tip: To make this recipe gluten-free, substitute gluten-free tamari for the soy sauce.

For more vegan bao bun recipes, check out these tasty ideas:

- [Five-Spice Kabocha Squash Bao Bun Filling](#)
- [Zucchini, Tofu, and Carrot Bao Bun Filling](#)
- [Vegan Bao Buns](#)

By Hannah Che

- 1** Fill a large bowl with ice water. Bring a large pot of water to boiling. Submerge bok choy in boiling water 1 minute or until vibrant green and stalks are crisp-tender. Use tongs to transfer bok choy to ice water. Once bok choy is completely cool, drain well. Chop or pulse in a food processor until coarsely chopped. Transfer to a clean kitchen towel and squeeze out excess water.
- 2** Heat an extra-large nonstick skillet over medium-high. Add mushrooms and scallions. Cook until mushrooms have released their liquid, stirring occasionally. Cook 4 minutes more or until mushrooms are seared and browned. Add ginger, garlic, soy sauce, and sugar; cook until liquid has evaporated. In a large bowl stir together mushrooms, bok choy, and salt. Taste and adjust seasoning as needed.
- 3** Use filling in our [vegan bao bun recipe](#). Alternatively, ladle into lettuce cups or serve over brown rice.