

Cabbage is *hot*

Chilli cabbage and onions

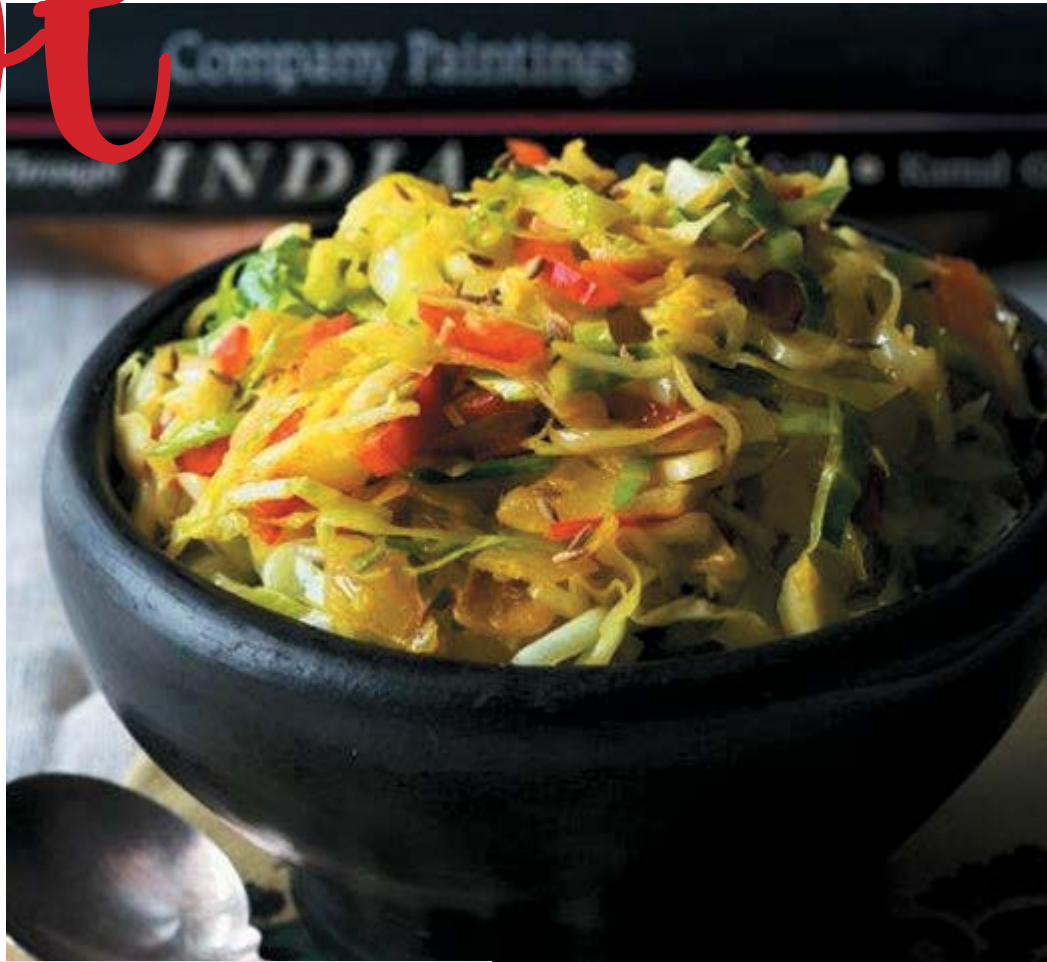
Serves 4-6

3 Tbsp canola oil
5 onions, peeled and chopped
5 cm fresh ginger, peeled and sliced into thin sticks
2 tsp cumin seeds
6 green chillies, deseeded and sliced
2 red chillies, deseeded and sliced
¼ cabbage, finely sliced
2 tsp ground coriander
1 tsp turmeric

Heat the oil in large heavy-based frying pan, add onions, ginger and cumin. Stir fry for 2-3 minutes.

Add chillies and cabbage. Cook, stirring, over a low heat for about 10 minutes.

Stir in coriander and turmeric and serve.



Cabbage spicy mince wraps

Serves 4

4 large Peking cabbage leaves
120g lean mince – beef, lamb, pork or chicken
1 tsp chopped ginger
1 clove garlic, peeled and crushed
1 tsp sesame oil
¼ cup water
¼ cup bean sprouts

Heat a heavy-based non-stick pan. Brown mince on all sides.

Add ginger, garlic and sesame oil and stir.

Add water and simmer for 12-15 minutes.

Add bean sprouts and mix.

Heat a large saucepan of water until boiling.

Add Peking cabbage leaves and wilt. Remove and place on paper towels to drain.

Place a quarter of the mince mixture into the middle of each cabbage leaf. Roll up and serve.

For more information about cabbage visit vegetables.co.nz