



Posted on 18 August 2013
by ewfood

Prawns wok with Chinese cabbage



Ingredients

1 small cabbage, 2 carrots , 1 red onion, a piece of fresh ginger, 1 TS white vinegar, 4 TS lime juice, a pinch or more of five spice powder , 1 inch of salt, 16 medium prawns, 1 bunch of coriander, 1 bunch of mint leaves, 2 TS olive oil.

Preparation

- 1 Cut the Chinese cabbage into strips and blanch them for 5 minutes. Drain well. Peel and cut the carrots into strips as well as the red onion. Peel the piece of fresh ginger and chop it coarsely. Slice the mint leaves and coriander. In an oiled wok, fry the chopped onion and ginger. Then stir in the carrots and cabbage strips. Mix well and cook for 5 minutes. Sprinkle with the vinegar, lemon juice and the five spice powder. Stir again and simmer for 10 minutes.
- 2 Shell and cut the prawns in a shape of a cutlet and cook them for 3 minutes, adding the coriander and mint. Pour into the wok for 2 minutes and serve hot in four individual plates.

Cooks Note
