



## ASIAN CABBAGE STIRFRY

4 portions

### INGREDIENTS

- 650 grams of cabbage, raw
- 100 grams of butter, salted
- 1 tsp of onion powder [2 g]
- 1 tbsp of white wine vinegar, [15 g]
- 2 cloves of garlic [6 g]
- 1 tsp of chili powder [3 g]
- 1 tsp of ginger [2 g]
- 500 grams of beef mince,
- 3 spring onions, chopped [75 g]
- 1 tablespoon of sesame oil, [14 g]
- 3 tbsps of mayonnaise [45 g]
- 1/2 tablespoon of wasabi [10 g]

### COOKING METHOD

- 1° Shred the cabbage finely using a sharp knife or a food processor.
- 2° Fry the cabbage in half of the butter in a large frying or wok pan on medium-high heat. It takes a while for the cabbage to soften, but don't let it turn brown.
- 3° Add spices and vinegar. Stir and fry for a couple of minutes more. Put the cabbage in a bowl
- 4° Melt the rest of the butter in the same frying pan. Add garlic, chili flakes and ginger. Sauté for a few minutes.
- 5° Add ground meat and brown until the meat is thoroughly cooked and most of the juices have evaporated. Lower the heat a little.
- 6° Add spring onions and cabbage to the meat. Stir until everything is hot. Salt and pepper to taste. Drizzle with sesame oil before serving.
- 7° Mix together the wasabi mayonnaise by starting with a small amount of wasabi and adding more until the flavor is just right. Serve the stir-fry warm with a dollop of wasabi mayonnaise on top.

### NUTRITIONAL INFORMATION

	PER 100 g	PER PORTION (355 g)	% DRI
ENERGY	168 kcal	596 kcal	30 %
FAT	14 g	49 g	75 %
FATTY ACIDS, TOTAL SATURATED	6 g	21 g	107 %
CHOLESTEROL	37 mg	131 mg	44 %
SODIUM	123 mg	438 mg	18 %
CARBOHYDRATE	4 g	14 g	5 %
SUGARS	2 g	6 g	—
FIBER	1 g	5 g	20 %
PROTEIN	8 g	27 g	—