



Wok Vegetables with Crispy Pointed Cabbage and Prawns



SERVINGS

2

INGREDIENTS

- 150 g whole grain rice
- 300 ml of water
- 10 g Chinese morels (Mu-Err mushrooms), dried
- 2 garlic cloves
- 2-4 tbsp rapeseed oil
- 225 g prawns
- 1 pinch of salt & pepper
- ¼ pointed cabbage
- ½ onion
- 1 medium-sized carrot
- 2 tbsp fish sauce (or 1 pinch of salt)
- 1-2 sprigs fresh cilantro
- sesame oil and seeds
- ½ lime (optional)



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