

Fruit & Vege Co-op



Cabbage

STORAGE	PREPARATION
Refrigerate in vegetable drawer.	<ul style="list-style-type: none">- Remove tough outer leaves and cut cabbage into quarters. Cut out the thick core of each.- Rinse cabbage quarters well and slice thinly.
ADD FLAVOUR	VEGE UP
<ul style="list-style-type: none">- Stir fry in a little oil and garlic, add one apple, sliced or grated.- Cook in a frying pan with a can of crushed pineapple (including juice).	<ul style="list-style-type: none">- Add cabbage to stir fries (near the end of cooking).- Add to vegetable soups, salads and stews.
COOKING	
<ul style="list-style-type: none">- Boil in a covered pot of water for 2-3 minutes or until just tender and slightly crunchy.- Steam over boiling water for 4 minutes or until just tender.- Microwave on high for 2 minutes in a covered container with a little water.	

RECIPE: Chop Suey (Serves 6-8)

- 1 packet (250g) vermicelli
- 1 cup hot water
- 1 Tbsp oil
- 4 cloves garlic, crushed
- 2 tsp powdered ginger (optional)
- 2 onions, chopped
- 1kg diced beef, pork or chicken (with fat/skin removed)
- 8 cups chopped vegetables (cabbage, carrots, peas, broccoli or frozen mixed vegetables)
- 2 Tbsp water
- 1 Tbsp soy sauce



FACT: Cabbage is high in vitamin C which helps fight against winter bugs.

1. Place the vermicelli in a bowl and cover with the hot water. Soak until soft.
2. Drain and cut into 20 cm lengths with clean scissors.
3. Heat oil in a large saucepan or wok, add garlic and ginger and fry for 1 minute.
4. Add the onion and cook until soft.
5. Add the meat and cook until brown, stirring constantly.
6. Add the vegetables and stir fry for 5 minutes.
7. Add vermicelli, water and soy sauce.
8. Simmer for a few minutes or until the meat is tender.

Variations

- Add a variety of other vegetables such as celery, corn, zucchini or cauliflower.

All recipes are available on our website by visiting www.rph.org.nz > Nutrition > Fruit and Vege Co-op