



SAVOY CABBAGE STIR FRY, WITH CARROTS AND SHIITAKES, TORTILLA WRAP

Categoria: Unique dishes **Tempo di preparazione:** 20 minutes **Difficoltà:** molto facile



Ingredienti per 4-6

- 3-4 spring onions, trimmed and thinly sliced
- 1 Savoy cabbage
- 100g fresh shiitake mushrooms
- 1 medium carrot, trimmed and cut into short strips
- 1 tablespoon chopped fresh ginger
- 1 packet (160g) marinated tofu pieces
- 4 large flour tortillas
- 1-2 tbsp Hoisin Sauce
- 2 tablespoons toasted sesame oil
- 1 teaspoons sugar
- 1-2 tbsp soy sauce to taste

Preparation time: **20 minutes**

Cooking time: **10-15 minutes**

Serves: **4 – 6**

Method

Remove the core of the Savoy cabbage, then slice it fairly thinly (about 12-15 mm).

Remove stems from shiitakes and slice the caps into strips.

Set aside the cabbage and the mushrooms.

In a heavy pan or wok, heat 1 tablespoon of the sesame oil; when pan is hot but not smoking, add the carrot and ginger, stir fry a minute or two then add the shiitakes.

Continue to stir fry another minute or two then remove from pan/wok and set aside.

Add the cabbage, with the remaining sesame oil to the pan then stir fry for about 5 minutes or until the cabbage begins to wilt. Sprinkle with sugar and soy sauce to taste.

Toss together then add the reserved carrot/shiitake mixture to the cabbage with the tofu and toss it all together, cooking over medium heat for 1 – 2 minutes.

Season with soy sauce to taste if needed, and pile onto a platter to serve.

Heat the tortillas according to the instructions on pack, then place each on a plate, spooning the cabbage mixture down of the centre, with a dash of hoisin and a sprinkling of spring onions on the side.

Working lengthwise, so that the cabbage mixture will be enclosed in the wrap, fold over the end with the hoisin and spring onion, then work your way around the filling wrapping it as tightly as you can.

Serve right away, drizzled or dotted with extra hoisin, and sprinkled with spring onions.

Cooks Tip: The filling is mild, which makes it a great accompaniment to other dishes such as roasted meats and steamed rice, with either a dash of hoisin or spicy red chili oil.

