



Recipe of the Week

WINTER VEGE SATAY

Method

1. Saute garlic and fresh ginger in a pan, add 1 finely chopped chilli, and chopped winter veges such as onion, carrots, cauliflower, broccoli pumpkin, and kumara.
2. Spoon in a generous dollop of sweet chilli sauce, soy sauce and fish sauce.
3. Stir in 2 – 3 tabs of crunchy peanut butter and 1 tin of light coconut cream.
4. Simmer until the vegetables are soft then add a good handful each of chopped kale, spinach, parsley or any other greens.
5. Serve with rice.