

COMPLIANT INDONESIAN CAP CAI

Cap Cai is a predominantly a cauliflower stir fry. I have removed the meat, salt, oil and cornstarch to make it compliant. This recipe makes about 8 cups so it is a super easy way to have your side dish of vegetables ready to go. To extend a soup or stew over rice, I can now cut down on the rice and add a cup or two of vegetables to the dish to lower the calorie density even further.

Ingredients:

* ½ large onion, cut into cubes
* 2 garlic cloves, roughly chopped
* 1 head cauliflower, cut into small florets
* 1 carrot, sliced
* 3 fresh shitake mushrooms, sliced
* 1 chili pepper, diced small
* ½ - ¾ cup low sodium vegetable broth (preferably organic)
* 2 large leaves Bok choy, chopped
* 2 green onions, thickly sliced

Method:

1. In a wok or large skillet, heat a little vegetable broth on medium high.
2. Add onion and garlic to the pan and cook quickly until the onion is soft.
3. Add cauliflower, carrot, mushrooms, chili and vegetable broth and stir.
4. Cover with a lid and let cook for 5 minutes and then stir.
5. Add Bok choy and green onions to the top of the cauliflower mixture. Put the lid back on and steam for about 2 minutes until Bok choy wilts.
6. Stir to mix and serve hot. Or let cool and store in the fridge in glass containers.