# Cabbage, Ginger and Sesame Stir Fry

**Season:** Winter  
**Type:** Vegetable  
**Difficulty:** Easy  
**Serves:** 6 or 15 tasters  
**Recipe source:** taste.com (fresh living)

<table>
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<th>What to do:</th>
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| - Prepare vegetables as stated in ingredient list  
| - Heat wok to medium-high  
| - Add the sesame seeds and toss until golden, set aside  
| - Heat the oils then add the ginger, garlic and lemon rind and stir-fry for 10 seconds.  
| - Add the cabbage and stir-fry for 3-4 minutes until it just begins to wilt  
| - Remove from the heat and stir in the coriander, lemon juice and soy sauce  
| - Season with pepper  
| - Serve immediately sprinkled with the toasted sesame seeds. |

### Equipment:
- Knives  
- Chopping Board  
- Grater  
- Juicer  
- Spon measures  
- Wok  
- Wooden spoon  
- bowls

### Ingredients:
- 2 tablespoons sesame seeds  
- 2 teaspoons sesame oil  
- 1 tablespoon peanut or vegetable oil  
- 1 teaspoon freshly grated ginger  
- 1 garlic clove, sliced  
- 1 lemon, rind finely grated and juiced  
- 1 small cabbage (about 1 kg), finely shredded  
- 1 tablespoon chopped fresh coriander  
- 1 tablespoon light soy sauce  
- Freshly ground pepper