



YOU CAN COOK
AND YOU DO HAVE THE TIME

Kev's Kitchen

COCONUT VEGETABLES

Time: 30 minutes

Serves: 4

Ingredients:

1 tablespoon extra-virgin coconut oil
1 bulb fennel (stalks removed) – sliced
4 large stalks celery – diagonally sliced
6 small carrots – diagonally sliced
8 green onions – diagonally sliced
3 cloves garlic – finely chopped or crushed
2 teaspoons fresh ginger – finely grated
1 small red chili pepper – finely chopped
1 14-ounce can light coconut milk
¼ teaspoon kosher salt
⅛ teaspoon fresh ground black pepper
¼ cup fresh cilantro – roughly chopped

Preparation:

Preheat a heavy wok over high heat then add the oil.

Add the fennel, celery, carrots, green onions, garlic, ginger and chili pepper, stirring often for four minutes.

Pour in the coconut milk and bring to a boil. Reduce heat and simmer for one additional minute.

Remove from heat, stir in the salt, pepper and cilantro then serve.

Nutritional Information Per Serving:

Calories: 162
Fat: 11g
Carbs: 17g
Fibre: 5g
Protein: 3g