



pan-fried vegetables with Indonesian-style peanut sauce

recipe for 4 portions

for the vegetables:

500 g of rice
2 teaspoons of oil (preferably sesame oil)
2 red onions
4 cloves of garlic
175 g of chicken (for vegans & vegetarians: tofu meat substitute)
4 handfuls of green beans
2 red peppers
about 7 sun-dried tomatoes
80 ml soy sauce
10 ml sambal oelek

for the sauce:

125 ml pure peanut butter (preferably organic)
80 ml of water
1 clove of garlic
1 tablespoon of soy sauce
½ lime (juice)
1 tablespoon of white or brown sugar

preparation:

first, chop the onions and garlic and sauté them in a pan with the oil. now add the meat substitute in slices and continue to sauté for about five minutes.

then place the contents in a bowl and fill the pan with a cup of boiling water and the sliced green beans. now steam the beans with the lid on top for about seven minutes.

while the beans are cooking, place all the ingredients for the sauce in a blender and puree until they form a uniform mass. after the seven minutes have elapsed, add the sliced peppers to the pan and let them steam for another five minutes.

finally, add the onions, garlic, and meat substitute mixture, and toss everything with the sun-ripened tomatoes, the soy sauce, and the sambal oelek.

now cook for a few minutes, until everything is hot enough. then serve everything on the rice that has been cooked in the meantime and voilà!

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