

4 Colour Vegetable with Sukiyaki Sesame Sauce

Preparing time: 40 minutes

Cooking time: 25 minutes

Serve: 2 people

Serving suggestion: as main course

Ingredients:

(A) Taro 80g (steamed)

Pumpkin seeds 1 tablespoon (roasted)

Celery 1 tablespoon (chopped)

Salt pinch

Pepper pinch

Method:

- Mash the steamed taro and then mix all ingredients together, add in salt and pepper.
- Heat pan with oil, shape the above mixture into round, fry until both sides lightly crisp.
- Remove and set aside for assembling later.

(B) Spinach 80g (whole)

Method:

- Heat pan with 1 tablespoon of oil, add in spinach and stir fry for a few seconds.
- Put a pinch of salt and 1 tablespoon of sesame oil into pan, continue to fry for about 1 minute.
- Remove to a small bowl for later use.

(C) Eggplant 80g

Thai basil leaves 3

Method:

- Wash and ring cut the eggplant into slices. Slightly cut each slice crosswise, but do not cut off.
- Insert basil leaves into the sliced eggplant.
- Heat pan with medium heat, put in the eggplant and grill until cooked.
- Remove to a small bowl for later use.

(D) Red capsicum 80g

Thai basil leaves 1 tablespoon (chopped)

Capers 1/2 teaspoon

Salt pinch

Method:

- Roasted on stove till the outside is charred, then peel off charred layer, cut into half, remove

seeds, and cut into strips.

- Heat pan with 1/2 tablespoon oil, add in 1 tablespoon chopped thai basil leaves and then stir fry for a short time.

- Put in capsicum, pinch of salt and 1/2 teaspoon of capers, gently fry in medium heat for about 1 minute.

- Remove to a small bowl for later assembling.

(E) Sukiyaki sesame sauce:

White sesame seeds 200g

Cashew 30

Desiccated coconut 12 tablespoons

Palm sugar 200g

Sze chuan chilli bean curd sauce 300g

Water 600g

Method:

- Separately stir fry white sesame seeds, cashews, and desiccated coconut without oil until golden.

- Cut palm sugar into small pieces, and then microwave until soften.

- Put the above ingredients, bean curd sauce, and water into a blender, blend until all well mixed.

- Remove and set aside.

- It is also suitable to add in chili sauce or sweet paprika powder for extra taste and garnishment.

Cooking Method:

- Individually prepare all ingredients and sauce.

- Pile up (A) to (D) piece by piece.

- Topped with sukiyaki sesame sauce, and is ready to serve.