

Creamy Asian Wok



A quick, fresh but creamy Asian wok. This meal is full of flavour, and the heat from the ginger and turmeric is just beautiful. It's a perfect recipe if you're at the start of your healing journey, and want to start cleaning up your diet.

Servings: 2-3

Ingredients

1 onion
2 cloves garlic
250 g mushrooms
1 zucchini
1 broccoli
400 ml coconut milk
about 2 cm ginger
about 3 cm fresh turmeric
1 lime
sea salt
black pepper
1-2 tbsp cilantro
glass noodles

Instructions

1. Peel and chop yellow onion and garlic. Cook in a ceramic wok for 2-3 minutes on medium heat.
2. Meanwhile, rinse and chop mushrooms, zucchini and broccoli. Put the remaining vegetables in the frying pan and cook on high heat until they are soft and the mushrooms get a nice color. Stir regularly.
3. Pour in the coconut milk. Grate the ginger and turmeric over the wok. Stir. Let it cook for about 10 minutes.
4. While the wok is simmering, prepare the glass noodles as described on the package. When the wok is ready, squeeze lime juice over it, and season it with sea salt and black pepper until you're happy with the taste.
5. Serve in a big bowl, with lots of romaine lettuce.
6. Garnish with fresh coriander.