

## Cooked Vegetables with Coconut Recipe

### Ingredients:

#### Also known as 'Urap'

250 g fresh green beans  
4 carrots  
250 g bean sprouts  
½ small cabbage  
1 canned bamboo shoot  
1 cup fresh grated or desiccated coconut  
2 tablespoons hot milk or water (if using desiccated coconut)  
1 small onion, finely chopped  
½ teaspoon sambal ulek or chili powder  
1 teaspoon salt  
2 tablespoons lemon juice  
½ teaspoon dried shrimp paste (trasi)

### Method:

Prepare beans, carrots, bean sprouts and cabbage as for gado-gado. Cut bamboo shoot into strips the same size as the beans. Put the coconut into a bowl (if using desiccated coconut, sprinkle hot milk or water over and mix with the fingertips to moisten evenly). Add onion, sambal or chili powder, salt, lemon juice and the trasi which has been wrapped in foil and grilled for 5 minutes, or heated in a dry frying pan. Mix thoroughly together. Sprinkle coconut mixture over vegetables, reserving some to garnish the dish when served. Put vegetables in a steamer and steam for 5-8 minutes. Turn on to serving dish and sprinkle with reserved coconut. Use as an accompaniment to a meal, or as a salad by itself.

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