

## Slow-Cooked Green Vegetable Recipe

**Ingredients:** Serves 4

600g fresh green cabbage (seow pai chye)

1½ tablespoons soy sauce

½ teaspoon sugar

1 tablespoon oil

½ cup water

**Method:**

Rinse green cabbage, drain. Put green cabbage in a pot, add the rest of the ingredients and bring to a boil. Turn to medium-low heat, continue to cook with lid on. Cook for about 10-12 minutes. You may turn to high heat to reduce the juice if needed. Turn off the heat. Serve cold. You can also use mustard green to make this dish, which gives it a slightly bitter taste. However, it is an excellent source for fibers. If you choose to use mustard green, you should add more soy sauce and sugar, and cook it a longer period of time.

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