



Flying Inspiration

Fly with the Feminine ...

Gabriella Guglielminotti Trivel's recipes

Whole rice and cabbage

Suggestions: a very hearty dish perfect for winter which is rich in vitamins and minerals such as vitamin K, C, B6, B5, B3, B1, folate, manganese, phosphorus, potassium, iron, calcium, magnesium, selenium and zinc to name a few.

Instructions



shallots



green chillies



Put in a saucepan some extra virgin olive oil, some finely chopped garlic, shallots, green chillies and coconut cream, let it warm up and add some cabbage that you have also chopped finely.

whole rice



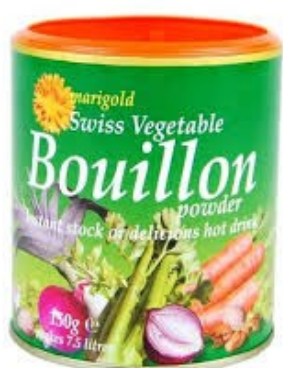
fennel seeds



bay leaves



Stir it all together and let it simmer for a while. Add some whole rice to it, some fennel seeds and bay leaves.



chive



Stir it again and let it simmer for a while and then add some vegetable bouillon to it and let it cook until it is soft. Garnish with some freshly chopped chive.



If you like this recipe, I would like to read your comments!
Contact me on www.flyinginspiration.com