

Flying Inspiration

Fly with the feminine

Gabriella Guglielminotti Trivel's recipes

Cabbage with hijiki

Suggestions: a very tasty, quick to prepare autumnal vegetable full of minerals like phosphorus, iron, magnesium, calcium, potassium, sodium and vitamins of the B group, vitamin C and K.

Instructions



chillies



coconut cream

hijiki seaweeds



Heat some extra virgin olive oil in a pan and put some finely chopped chillies, hijiki seaweed that you have previously soaked and partly chopped, coconut cream flakes and let it all cook for a little while.

cabbage



sea salt



balsamic vinegar



Add some finely sliced cabbage, some salt and let it cook for some time.
Add some balsamic vinegar when it is almost cooked and let it finish cooking.
If you want you can also add some premarinated tofu to it and mix it all together.



If you like this recipe, I would like to read your comments!

Contact me on www.flyinginspiration.com