

Aromatic Red Cabbage Soup

40–50 Min

Preparation

1. Cut the red cabbage into thin strips. Peel the onion and the pear and cut into small pieces. Peel and thinly slice the garlic.
2. Heat the sesame oil in a pan and fry the onion and garlic. Add the red cabbage, pear and cinnamon stick. Fry briefly.
3. Add the honey, use vinegar to deglaze the pan and pour in some water.
4. Mix in the orange juice, soy sauce and ground ginger and allow to simmer over a medium heat for 25 minutes.
5. Remove the cinnamon stick, season with sea salt and ground pepper and enjoy.

Ingredients

= Kotányi Produkte

300 g	Red cabbage
2	Onion
1	Pear
2	Garlic cloves
3 tbsp.	Sesame oil
2 tbsp.	Pear vinegar
1 l	Water
4 tbsp.	Orange juice
4 tbsp.	Soy sauce
1 piece	Cinnamon, Whole
1 tsp.	Organic Ginger, Ground
1 pinch	Sea Salt, Coarse
1 pinch	Pepper Black, Whole