



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

