

# Edamame and Cabbage with Spicy Garlic Sauce

The rich, high-protein edamame bean is the feature of tonight's meal. It's flavor is similar to peas, only it has a more buttery overtone with a hint of nuttiness. It's paired with Napa cabbage, shredded carrot and shaved onions. You'll smother it in a spicy garlic sauce and serve it over brown rice.

The dish offers up a refreshing new stir-fry flavor bundle that will have you looking for other recipe opportunities that feature this Asian favorite.

**Preparation time: 45 minutes - Servings 2**

## Prep Your Ingredients!

### Notes on Organizing

Prep and organize ingredients before you begin to cook. It's more fun when everything's at your fingertips. Prep 5 cloves of chopped garlic: 3 for the Spicy Garlic Sauce and 2 for the stir-fry. Prep a total of 1-1/3 C. thin sliced onion today: 1/3 C. sliced and chopped onion for the Spicy Garlic Sauce and 1 C. sliced onion in the stir-fry.

### Brown Rice

1 C. dry brown rice  
2-1/4 C. water  
a pinch of salt

### Edamame/Cabbage Stir-fry

2 C. fresh shelled edamame  
- or -  
2 C. frozen shelled edamame

1 C. water  
pinch of salt  
1/2 tsp. Wasabi paste

### Seared Vegetables:

1 T. canola oil  
1 tsp. sesame oil  
3 C. Napa cabbage (thin sliced)  
1 C. yellow onion (thin sliced)  
2/3 C. carrot (shredded)  
2 cloves garlic (smashed and chopped)

### Garnish:

juice from 1/2 of a lime  
2 purple plums (halved)

### Spicy Garlic Sauce

1 tsp. sesame oil  
3 cloves garlic (smashed and chopped)  
1/3 C. thin-sliced onion (finely chopped)  
1 T. low-sodium soy sauce  
2 T. rice wine vinegar  
1 C. low-sodium vegetable broth  
1 tsp. fresh grated ginger  
1/2 tsp. Asian red pepper sauce  
2 T. cornstarch  
dissolved in  
1/3 C. water  
1/4 C. fresh cilantro (lightly chopped)

## Let's Prep, Cook, and Plate This!

### Basic Assembly Instructions

Start by putting the brown rice on to cook. Bring rice and salted water to a boil. Reduce heat to medium low, cover and set a timer for 25 minutes.

### Spicy Garlic Sauce

1. Toss garlic in oil over medium-high heat in a saucepan until garlic becomes fragrant.
2. Add remaining ingredients (except cornstarch mixture and cilantro).
3. Bring to a boil.
4. Reduce heat to low and thicken with cornstarch mixture. Cook over low heat 5 minutes.
5. Add chopped cilantro. Stir well and let stand until ready to dine.

### Edamame/Cabbage Stir-fry

#### Edamame:

Place shelled fresh or frozen edamame in 1 C. water with salt and wasabi paste.

Boil edamame 5 minutes and remove from heat. Drain just before adding to remainder of recipe.

#### Seared vegetables:

1. Heat combination of canola and sesame oil in a large, deep-sided sauté pan or wok until oil begins to shimmer. Add cabbage and onion. Toss until cabbage and onion begin to brown.
2. Add shredded carrot and toss about 2 minutes. Add chopped garlic and toss a little longer until garlic becomes fragrant.
3. Remove from heat, allow pan to cool for a couple of minutes and add 1 C. or the spicy garlic sauce and drained edamame to pan with cabbage mixture. Toss well and serve.

### Plate the Meal

Using a soup ladle, mold 2/3 C. cooked rice and place in the center of a large dinner plate. Scoop 2 C. stir-fry over and around the rice. Drizzle with lime juice. Serve a halved plum along side the stir-fry.

### What I've Learned from this Meal

Cooking the edamame beans separately helps retain the unique and delicate flavor of the bean.

Let us know what you think and ask any questions you may have. [chezdon@plate6.com](mailto:chezdon@plate6.com)