

Slippery Cabbage Soup

SOLOMON ISLANDS

INGREDIENTS

Slippery Cabbage
(1 bunch)

coconut milk
(1 can / 425ml / 1/2 quart)

1 onion
(chopped)

3 shallots

2 medium tomatoes
(225gm / 8oz)

2 medium sweet chillies

METHOD

In a saucepan boil your coconut milk.

Once the milk is boiling add the chopped onions.

Chop and crush the chillies and add to the milk.

Slicing the slipper cabbage only two or three times add with dices tomatoes to the boiling milk.

Lastly add the shallots and continue simmering until they're well cooked.

Taste flavour and add salt to your taste!

That's it, it's that easy - try it you won't regret it
- we loved it!

NOTES

Slippery Cabbage or Bele (Hibiscus Manihot) may be hard to find, Slippery Vegetable (Saan Choy) or even spinach would work as a substitute

SLIPPERY CABBAGE SOUP
Bele and Coconut Milk Soup



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