

Preparation time: 45 minutes Serves 4

Stuffed Mustard Green with Chicken Mix (Stuffed Mustard Boats)

A healthy dish which is easy to prepare, low in calories and fat but high in fibre. A creative way of introducing mustard green to one's diet.

Per serve	
Calories	146 kcal
Carbohydrate	12.4 g
Fat	3.4 g
Cholesterol	139.2 mg
Fibre	4.5 g

INGREDIENTS

Mustard cabbage 400 g (14¹/₃ oz), leaves separated, washed and drained

Stuffing

Chicken thigh or drumstick 1 number, deboned and finely diced
 Water chestnuts 100 g (3¹/₂ oz), peeled and finely diced
 Prawns 150 g (5¹/₄ oz), peeled and minced
 Spring onion (scallion) 1, finely chopped
 Shallots 2, peeled and minced
 Fresh breadcrumbs 2 Tbsp
 Salt to taste
 Pepper to taste
 Water 3 Tbsp
 Egg 1, beaten

METHOD

- Trim leaves off mustard leaves and discard. Place stems hollow side facing down. Using a sharp knife, carve stems into 'boats'. Set aside.
- Prepare filling. In a mixing bowl, combine all ingredients and mix well. Spoon in filling into mustard boats. Repeat until filling is used up.
- Place mustard boats in a steamer and steam over high heat for 5–7 minutes, or until filling is thoroughly cooked.
- Serve immediately.

