



Cauliflower Wraps

NIBBLEDISH CONTRIBUTOR

Ingredients

Ingredients:

½ kg Cauliflower cut to edible size

1/2 a medium size potatoes (cut to 1 inch size cubes)

1 carrot (cut to 1 inch size cubes)

1 small can of green peas

2 Tbsp of grated Parmesan cheese

4 bunch of butter head lettuce

(each leaves separated and washed)

Instructions

Method:

Heat the wok or pan and add in olive oil.

Stir fry the potatoes until golden brown, then add in the carrot and cauliflower and stir fry for about 10 min.

Add in salt to taste and add in ground black pepper.

Pour in the green peas and stir lightly until all the ingredients are well mixed.

Add in 3 to 4 cups of water and cover the wok/pan and reduce the fire.

Let it cook until the cauliflower, carrot and potatoes are soft and the sauce is thick.

Pour in the Parmesan cheese and lightly stir until the cheese melted

To serve:

Scope the cooked ingredient to one butter head lettuce leave and make a wrap
