

SHAWARMA WITH POINTED CABBAGE

2 persons / 599 kcal per portion

Ingredients:

- 1 onion
- ½ red bell pepper
- 200 grams sliced pointed cabbage
- 1 tablespoon olive oil
- 250 grams shawarma meat
- 4 bake off shawarma bread
- 1 tablespoon sweet soy sauce
- pepper and salt



Preparation:

Chop the onion. Wash the pepper, cut in half and remove the seeds. Cut the bell pepper into pieces. Heat in a wok the oil and stir fry the onion and the bell pepper for about 2 minutes. Add the shawarma meat and stir fry for about 4 minutes. Meanwhile, bake the shawarma bread in a toaster. Add the pointed cabbage to the meat and stir fry for another 4 minutes. Season with soy sauce, pepper and salt. Serve the shawarma with the shawarma bread.

Nutritional value per portion:

Energy:	585 kcal
Protein:	37.5 grams
Carbohydrates:	58.0 grams
- including sugars:	8.5 grams
Fat:	22.5 grams
Fiber:	7.0 grams
Salt:	3.0 grams