



stir fried turnips

A recipe by petra: www.cookseasonal.com/recipe/14

Preparation

1. Cut the lower part of the turnip, peel it, and cut it into slices of 0.5cm. Pile the slices on top of each other and cut them into thinner pieces.
2. Peel the ginger and cut it into slices. Peel the garlic and finely chop it together with the ginger. Cut the bell pepper into half, remove the seeds, and finely chop it. Cut the spring onions lengthwise into pieces of 8cm.
3. Heat the olive oil in a wok and fry the red bell pepper, ginger and garlic for a couple of seconds. Add the turnip and stir fry it for 5 minutes until almost cooked. Then add the spring onion and cook for another minute.
4. Add the soy sauce and sesame oil and season with pepper and salt

Ingredients

- **pepper**: 1 pinch (freshly ground)
- **salt**: 1 pinch
- **ginger (1.5cm)**: 1
- **turnips**: 500 gram
- **garlic**: 1 clove
- **bell pepper (red)**: 1
- **spring onions**: 2
- **olive oil**: 2 tablespoon
- **sesame oil**: 1 tablespoon

Timing

- **Preparation time**: 15 minutes
- **Waiting time**: minutes
- **Cooking time**: 0 minutes