# Cabbage Carrot Peanut Stir-Fry

Four cabbage-carrot peanut stir-fry plates with fresh rice · Active 30 min · Total 1 hr

Skills: Managing a large shredded-vegetable volume and whisking a smooth peanut coating

## Ingredients

• 1 cup dry long-grain white rice (200 g), rinsed

• About 1 3/4 cups plus 2 tablespoons water for rice (440 ml), or packet-specified amount

• 1/2 large cabbage, cored and finely shredded (600 g trimmed weight)

• 3 medium carrots, coarsely grated (250 g trimmed weight)

• 2 tablespoons neutral oil (30 ml)

• 1/4 cup smooth peanut butter (60 g)

• 1/2 cup water for peanut sauce (120 ml)

• 2 tablespoons reduced-sodium soy sauce (30 ml)

• 1 tablespoon cider vinegar (15 ml)

• Up to 1/4 cup extra water (60 ml), only to loosen the finished sauce if needed

## Set out

Saucepan with fitted lid for rice, Deep wide skillet, about 12 inches/30 cm and at least 4 qt/4 L, Grater and knife, Bowl and whisk, Broad spoons

## Allergens

peanut, soy, wheat. Check labels and substitutions.

## Make it

**1.** Put rice and its 440 ml water in the saucepan. Bring to a boil, cover, reduce heat and simmer for 15 minutes or packet time. Stand covered off heat for 5 minutes, then check tenderness.

**2.** Whisk peanut butter and the separate 120 ml sauce water until smooth. Whisk in soy sauce and vinegar.

**3.** Heat oil in the wide skillet over medium-high heat. Add half the cabbage and stir for 3 minutes, then add the rest and carrot. Cook for 7–9 minutes, turning frequently, until tender but still with some texture.

**4.** Lower heat to medium. Pour in peanut sauce and turn through vegetables for 2–3 minutes until hot and coating everything. Add extra water a tablespoon/15 ml at a time only if too thick, up to 60 ml.

**5.** Fluff rice and share among four plates. Divide all the vegetables and sauce over the rice and serve promptly.

## Two separate water amounts

Rice water and sauce water have different jobs. Measure them separately before cooking so the sauce does not steal the rice's liquid.

## Ingredient labels

Peanut butter supplies peanut, and soy sauce supplies soy and often wheat. Check actual sauce and butter labels; substitutions can introduce other allergens.

## A useful detail

Rice and stir-fry overlap. A smaller pan requires extra vegetable batches and more time; the 60-minute estimate includes shredding a large cabbage portion.

## Keep it well

Cool rice quickly in shallow portions, ideally within 1 hour, and refrigerate at 40°F/4°C or below. Use within 24 hours of cooking rice and reheat a portion only once to 165°F/74°C throughout. Freeze promptly cooled portions within that safe window for up to 1 month, thaw in the refrigerator and reheat once promptly. Adding other food does not restart the rice storage clock.