



## Mridula *Recipe Card*

# Stir-fried cabbage with mustard and cumin

Serves 4

This dish is cooked with just three spices with an amazingly delicious taste. The cabbage retains all the nutrients because of the quick cooking method. An ideal side dish for a spicy meal.

### Method

Heat the oil over a medium heat until. When hot but not smoking add the mustard seeds, followed by the cumin and chilli.

Add the cabbage and salt, stir-fry for 3-4 minutes.

Add the coconut, stir-fry for 1 minute, remove from the heat and serve.

### Ingredients

- 1 tbsp coconut, rapeseed or plain olive oil
- ½ tsp black mustard seeds
- ½ tsp cumin seeds
- 1-2 fresh red chilli, cut into julienne strips
- 1 small green cabbage, finely shredded
- ½ tsp salt or to taste
- 2 tbsps unsweetened, desiccated coconut