



Mridula Recipe Card

Stir-fried onion with ginger, chilli and coconut Serves 4

A quick and easy recipe from Kerala, the exotic spice land in southern India. Serve it as an accompaniment to any meat poultry or fish dish. Combined with a daa, it makes a nutritious vegetarian meal. Coconut is an everyday ingredient in this coastal region because it grows in abundance. If you do not like coconut, you could sprinkle about a tablespoon of ground almond instead.

Method

Peel and halve the onion and slice them finely. In a wok, or other suitable pan, heat the oil over a medium heat and throw in the mustard seeds, followed by the cumin. Let them crackle and pop for 15-20 seconds and reduce the heat to low. Add the ginger and chilli and cook gently for one minute, stirring.

Add the onion, increase the heat to medium and stir-fry for 3-4 minutes. Add the carrots, coconut and salt. Stir and sprinkle 3 tablespoons water. Cover the pan and cook for 8-10 minutes. Repeat with the water, cover and cook for a further 7-8 minutes or until the vegetables are tender. Remove from the heat and serve.

Ingredients

- 450g onion
- 2 tbsps sunflower or light olive oil
- ½ tsp black mustard seeds
- ½ tsp cumin seeds
- 2 tsps grated root ginger
- 2 green chillies, chopped
- 115g carrots, coarsely grated
- 25g unsweetened desiccated coconut
- Salt to taste