

Shredded Cabbage with Coconut Recipe

Ingredients: Serves 4

2 tablespoons sunflower or vegetable oil
½ teaspoon black mustard seeds
2.5cm piece root ginger, grated
1-3 green chilies, seeded and cut into julienne strips
6-8 fresh or dried curry leaves
450g green or white cabbage, finely shredded
1-2 carrots, coarsely grated
25g unsweetened desiccated coconut
1 teaspoon salt

Method:

Heat the oil in a wok or frying pan over a low heat. When hot, add the mustard seeds and, as soon as they pop, add the ginger, chilies and curry leaves. Cook gently for 1 minute, stirring. Add the cabbage, carrots, coconut and salt. Stir and sprinkle over 3 tablespoons water. Cover the pan and cook for 10 minutes or until the vegetables are cooked but al dente. Remove from the heat and serve.

[asian_free_recipes_download]/[asian_free_recipes_download]