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by Liz Robb

South Indian carrot and cabbage

Ingredients

3 medium carrots 400g white cabbage
Half a green chilli
Half a red chilli
1 large shallot
1-2 tablespoons of oil
1 teaspoon of cumin seeds
Half a teaspoon of mustard seeds
A few curry leaves
Half a teaspoon of turmeric
Salt
Half a teaspoon of sugar
1 lemon
Shredded coconut [optional]

Preparation

1. 1.
2. To prepare the vegetables, peel the carrots, thinly slice them lengthways then cut into short, thin sticks. Slice the cabbage into short, thin strips. Deseed and thinly slice the chillies. Peel, halve and thinly slice the shallot.
3. 2. Heat the oil and, when it is hot, add the cumin and mustard seeds and sizzle for just a minute
4. beware, they will pop and spit! Reduce the heat, add the shallot, chilli and curry leaves and cook gently for a few minutes until the shallot is softened and browned.
5. 3. Stir in the turmeric. Add the carrots, stir in well and cook for 2-3 minutes.
6. 4. Stir in the cabbage. Season with plenty of salt. Cover the pan and cook gently, stirring occasionally, for about 15 minutes.
7. 5. Add half a teaspoon of sugar and a teaspoon of lemon juice and stir well. Serve with the addition of shredded coconut sprinkled on the top, if liked.

Cooks Note

This delicious warm salad, a stir fried vegetable side dish, is simply made from healthy vegetables and spices.

It makes a great accompaniment to any curry, meat based or vegetarian, and rice.