

Stir Fried Cabbage

- Serves 4 people -

INGREDIENTS:

1 Cabbage	Cooking oil
1 Bell pepper	1 tbsp Mustard seeds
3-4 Cloves garlic	1/2 tsp Salt
1 Onion	1/2 tsp Pepper
1 tsp Ground cumin	
1 tbsp Ground turmeric	
1 tbsp Curry powder	

METHOD:

STEP 1 Slice the cabbage and bell pepper.

STEP 2 Heat the oil in a frying pan and add the mustard seeds.

STEP 3 Stir for one minute and add garlic and onion and fry until golden.

STEP 4 Add ground cumin, curry powder, turmeric and stir while cooking.

STEP 5 Add cabbage and bell pepper and fry till tender.

STEP 6 Season with salt and pepper.

