

CABBAGE, CARROT & COCONUT WITH PANCH PHORAN

YOU WILL NEED

- $\frac{1}{4}$ Large cabbage, finely shredded
 - 2 Carrots, julienned
 - $\frac{1}{2}$ Onion, finely sliced
 - 1 Green chilli, finely sliced
 - 2 Garlic cloves, finely sliced
 - 2 tsp. Rubyspice Bengali Panch Phoran
 - 2 tbsp. Desiccated coconut
 - 3 tbsp. Vegetable oil
 - Salt to taste
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PREPARATION *10 minutes*

Bring a large pot of salted water to the boil.
Drop the cabbage and carrots into the water and bring back to the boil.
Drain the cabbage and carrots well in a colander.

COOKING *10 minutes*

Heat the vegetable oil in a heavy based frying pan on medium heat.
Add the onion, green chilli, garlic and panch phoran.
Stir until the panch phoran seeds start popping then fry for 30 seconds.
Add the well drained cabbage & carrots and warm through.
Sprinkle over the desiccated coconut and salt to taste.
Stir gently until all ingredients are incorporated.
