



Cabbage Rice (OP I)

Serving: 1

Veg

Ingredients

- -1 cup shredded cabbage
- - $\frac{1}{2}$ cup cooked brown rice
- -1 tsp oil
- - $\frac{1}{2}$ tsp mustard seeds (rai / sarson)
- -a pinch of asafoetida (hing)
- -4 to 5 curry leaves (kadi patta)
- -1 whole dry kashmiri red chillies , broken into pieces
- -2 tbsp thinly sliced onions
- - $\frac{1}{4}$ tsp turmeric powder (haldi)
- -1 tbsp chana dal (split bengal gram) , parboiled
- -salt to taste
- - $\frac{1}{2}$ tsp lemon juice

Preparation Method

- -Heat the oil in a broad non-stick pan, add the mustard seeds and allow them to crackle.
- -Add the urad dal, asafoetida, curry leaves and dry red chillies and sauté on a medium flame for 1 minute.
- -Add the onions and turmeric powder and sauté on a medium flame for 1 minute.
- -Add the cabbage, chana dal, salt and 1 tablespoon of water, mix well and cook on a slow flame for 3 minutes, while stirring occasionally.
- -Add the rice and lemon juice, mix well and cook on a medium flame for 2 minutes, while stirring occasionally.
- -Serve hot garnished with coriander.