**Cabbage Thoran**

Prep time: 10 min Cook time: 15 min

**Ingredients:**

* 2 cups cabbage, finely shredded
* 1/4 cup grated coconut
* 1 small onion, finely chopped
* 2 green chilies, slit
* 1/2 teaspoon mustard seeds
* 1/2 teaspoon cumin seeds
* 1/2 teaspoon turmeric powder
* 1 sprig curry leaves
* 1 teaspoon coconut oil (or use less for a lighter version)
* 1/2 teaspoon low sodium salt (adjust to taste)
* 1/4 teaspoon black pepper (optional)

**Instructions:**

**Prepare the Cabbage:**

1. Wash and finely shred the cabbage. Keep aside.

**Tempering:**

1. Heat coconut oil in a pan over medium heat.
2. Add mustard seeds and let them splutter.
3. Add cumin seeds, curry leaves, and green chilies. Sauté for a few seconds.

**Sauté the Onions & Cabbage:**

1. Add the chopped onions and sauté until translucent.
2. Add the shredded cabbage, turmeric powder, and salt. Mix well.

**Cook Gently:**

1. Cover and cook on low heat for about 5-7 minutes, stirring occasionally.
2. Do not overcook; the cabbage should retain a slight crunch.

**Finish with Coconut:**

1. Add grated coconut and mix well. Cook for another 2 minutes.
2. Sprinkle black pepper if using.
3. Turn off the heat and serve warm with steamed rice and sambar or dal.