



Cabbage Poriyal

Cooking Time _____

On2Cook: 6:30 mins Normal Cooking: 35 mins

Accessories: Pan Honeycomb (Non-Stick), Silicone Stirrer

Ingredients _____

- | | |
|-------|-------------------------------------|
| 20 g | Oil |
| 13 g | Tadka |
| | 1 g Mustard seeds |
| | 1 g Whole Red Chilli, 2 g Chana Dal |
| | 2 g Urad Dal, 1 g Curry Leaves |
| | 1 g Green Chilli, 5 g Garlic |
| 505 g | Shredded Cabbage & Salt |
| | 500 g Cabbage, 5 g Salt |
| 40 ml | Water |
| 70 g | Grated Coconut |

Step 1 0:30 secs

20 g Oil
I 100 M 0

Step 2 0:30 secs

13 g Tadka
I 100 M 0

Step 3 3:30 mins

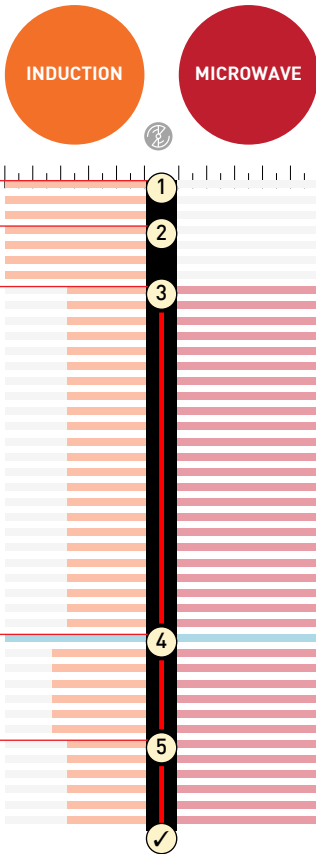
505 g Shredded Cabbage & Salt
I 60 M 100

Step 4 1:00 min

40 ml Water
I 70 M 100

Step 5 1:00 min

70 g Grated Coconut
I 60 M 100



Total Output:
480GM