

# Indian-style Spicy Shredded Cabbage

Spiced warm slaw made with shredded cabbage and grated coconut; cooked down in an oil tempering of whole spices and fresh aromatics, all brought together with a hint of nutmeg and drizzle of tangy lime juice.



Prep Time	Cook Time
10 mins	20 mins

Servings: 4

## Ingredients

- 1 lb shredded cabbage about ½ medium head of cabbage
- ½ cup fresh shredded coconut OR desiccated coconut see notes
- 1½ tablespoon canola oil
- 1 teaspoon black mustard seeds
- 3-4 cloves garlic cloves chopped (2 teaspoons chopped garlic)
- 6-7 curry leaves if unavailable, leave them out, there's plenty of flavor going on
- 2 whole Thai green chilies or 1 Serrano pepper optional, for a subtle spice kick
- ½ teaspoon ground red chili or Cayenne pepper
- ½ teaspoon ground turmeric
- ¾-1 teaspoon salt to taste
- ¼ teaspoon ground nutmeg
- 1 tablespoon lime juice
- 2 tablespoons chopped cilantro

## Instructions

1. Heat canola oil in a sauté pan with mustard seeds, chopped garlic, curry leaves and whole chili; always keep a low flame and watch out for spattering when adding ingredients to oil. Turn off the flame if needed, while adding these ingredients.
2. Stir for about half a minute and add the shredded cabbage and grated coconut. Sprinkle ground red chili or Cayenne pepper and turmeric over the cabbage. Stir and cook covered for 7-10 minutes on a low flame. Cabbage has its own moisture content, so no additional water is required.
3. Next add salt and ground nutmeg, stir for another minute. It's important to add salt after the cabbage has cooked, else salt releases water from raw vegetables, if added earlier in the cooking process.
4. Turn off the flame, sprinkle lime juice and chopped cilantro, and leave covered for the flavors to blend. Pull out & discard the whole chilies at this stage, if desired.
5. Serve spiced warm cabbage and coconut slaw as a vegetable entrée or side to your favorite meat, accompanied by Indian flatbread like rice-n-lentil crepe 'Dosa', wheat-based Roti-Chapati, or good ole bread rolls.

**Notes**

When I say 'fresh' coconut, it's perfectly fine to use the frozen packs of 'fresh' shredded coconut, easily found at gourmet food markets. Ethnic Asian food stores also sell these packs in their frozen section. Be sure to check the list of ingredients for pure coconut with no additives or preservatives...Sure beats having to break open a coconut and grate it yourself!