Variation on Cabbage Thoran (adapted from the original ) : Helen Skelton

Ingredients

2 cups finely shredded cabbage

½ tsp turmeric

2 green chillies

4-5 shallots (I just use whatever I have eg spring onion or cooking onion)

½ cup grated coconut - I use dessicated

1 tsp cumin seeds

a few curry leaves - I think A-z Grocers in Finchley have these - they can be frozen if fresh if any remaining

2 tsp coconut or sunflower oil (if using sunflower oil add a can of coconut milk to increase coconut flavour)

1 teaspoon Black Mustard seeds

In a bowl mix cabbage, turmeric, curry leaves, onion, chilli, cumin, coconut and salt to taste. Leave for 5 mins so some water comes out of cabbage

Heat oil in pan and add mustard seeds.

When they pop add cabbage mixture. Mix and add coconut milk if using. Cover and cook on low heat for 15 mins checking that it doesn't burn at the bottom

 Uncover, stir through, and if still too much liquid for your liking do a quick boil to evaporate liquid stirring all the time

Serve with indian breads