

# CABBAGE THORAN

## Ingredients

Cabbage	- 250 gms
Onions	- 1
Green chillies	- 3-4
Turmeric powder	- $\frac{1}{4}$ tsp
Salt	- To taste
Oil	- 1 tbsp
Grated coconut	- $\frac{1}{2}$ cup
Mustard seeds	- $\frac{1}{2}$ tsp
Curry leaves	- a few

## Method

Chop the cabbage and wash. Cut the onions and green chillies into small pieces. Heat oil, add the mustard seeds and curry leaves. When it crackles add the cabbage, onion and green chillies. Mix the turmeric powder in the coconut and add to the cabbage mix. Sprinkle the salt and a little water and mix well. Close it with a lid and cook the cabbage on a slow fire till it is cooked. Stir, till the mix is dry and then take of the flame.

the oil in a frying pan, add the  
the beef and fry. When the beef  
turns brown, take off the fire.

