



Cabbage Poriyal Recipe

Ingredients

- Sachet MAGGI Masala-vin-Magic
- Tablespoons Oil
- Teaspoon Mustard Seeds
- Tablespoon Chana Dal (150 g)
- Tablespoon Urad Dal
- Curry Leaves
- Onion (Chopped)
- Green Chillies (Chopped)
- kg Cabbage
- Pinch Salt
- 1/2 1/2 Cup Fresh Coconut (Peeled and diced)

Instruction

1. Prepare ingredients as mentioned in the list. Heat the oil in a karahi, add the mustard seeds and when it splutters add the chana dal, urad dal and curry leaves.
2. When the dals are golden brown add the onions and green chillies and sauté till the onions are soft.
3. Then add the cabbage and salt, stir fry on medium heat for 4-5 minutes or until cabbage is tender yet crisp.
4. Now add the grated coconut and MAGGI Masala-vin-Magic, sauté for two minutes.
5. Serve hot with steamed rice and Sambhar.

Nutrition

Carbohydrates	60.69 g
Energy	714.03 kcal
Fats	49.53 g
Protein	15.3 g

32 Minutes

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