

Ginger lemon cabbage with onion seeds

(Serves 4)



2 tbsp rapeseed oil
½ tsp mustard seeds
½ bunch spring onions
1 pointed green cabbage
1½ tsp fresh ginger
1 medium green rocket chilli
½ tsp ground cumin
¼ tsp ground turmeric
Salt to taste
Zest of 1 lemon
1 tbsp lemon juice
½ tsp onion seeds

Preparation

Shred the cabbage into strips, and slice the spring onions - including green shoots, grate the ginger and finely chop the chilli, squeeze out the lemon juice and set aside.

Method

1. Heat oil in shallow pan and once hot, add in mustard seeds. When popping slows down, add the spring onions and fry until just touching golden, mix in the cabbage, ginger, chilli, all the dry spices and salt (not the onion seeds).
2. Give the cabbage a good stir fry for 2 mins. Remove from the heat, mix in the lemon juice and zest and sprinkle over the onion seeds.

Great served with fresh tuna.

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