



Photo credit: Dindigul Food Court

Potato and Boiled Egg Varuval

INGREDIENTS

- 3 large Potatoes, chopped
- 3 Boiled Eggs
- 3 tbsp Oil
- 1 tsp Mustard Seeds/Kaduku -
- 1 tsp Urad dal/Ulundu Paruppu -
- 1/8 tsp Asafoetida/Hing/Kaya podi
- 2 Dry Red Chillies
- 1 sprig Curry Leaves
- Salt to taste
- 1/2 tsp Turmeric Powder -
- 1 tbsp Kashmiri Chilli powder

METHOD

1. Heat oil in a pan and add all the seasonings, one by one. Sizzle.
2. Add the potatoes and saute in the oil.
3. Add salt and turmeric and the boiled eggs.
4. Cover and cook for 10 mins until the potatoes are done.
5. Add chilli powder and cook for 5 mins.
6. Serve.

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Cabbage and Carrot Stir Fry

INGREDIENTS

- 1/3 head cabbage, julienned
- 1 large carrot, julienned
- 1 large red onion, sliced
- 1 tbsp oyster sauce
- freshly ground black pepper
- 2 cloves garlic, minced
- Oil
- Salt

METHOD

1. In a large wok add the oil then sauté the garlic and onion.
2. Add the rest of the ingredients then stir fry on high heat for 3-5 minutes or until cabbage is slightly wilted but still crispy.
3. Serve while hot.

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