

# **INGREDIENTS**

- 1 1/2 cups cabbage shredded
- 3/4 cup chickpea flour/Besan
- 3 tbsp rice flour
- 2 green chilli's
- 2 tsp ginger finely chopped
- 1/2 tsp red chilli powder
- 1/4 tsp turmeric
- 1 tsp cumin seeds
- A sprig of curry leaves
- Salt

## **METHOD**

- 1.In a mixing bowl, add besan, rice flour, red chilli powder, turmeric, cumin, slit green chillis, , cumin seeds, curry leaves, ginger, salt, and mix well.
- 2. Add water little by little to the mixture and make a thick batter.
- 3. Add shredded cabbage to it. Mix well.
- 4. Heat oil in a large fry pan, spoon the batter to hot oil and cook on medium flame. Repeat to fill the pan.
- 5. Cook the batter until golden and crisp, and the cabbage is cooked from the inside.

  Drain them on a paper towel.
- 6. Serve.



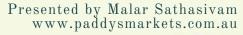








Photo credit: Amcarmen's Kitchen

# Garlic Fried Rice

### **INGREDIENTS**

- 2 cups short grain rice
- 10 garlic cloves, minced
- 1 cup mixed vegetables (beans and carrots)
- 2 eggs, beaten
- 2 tbsp soy sauce
- 1 tbsp sesame oil
- Salt and pepper to taste
- Green onions for garnish (optional)

## **METHOD**

- 1.To cook the rice, place the rice in a sieve and rinse well. Drain the rice very well before adding to a medium saucepan. Add 2 1/4 cups of water. Cover with a lid and bring to the boil. Then reduce the heat to low and cook for 10 minutes. Rest for 10 minutes and use a fork to fluff up the rice.
- 2.In a large skillet or wok, heat oil over medium-high heat. Add minced garlic, and cook until garlic is fragrant.
- 3. Scramble the eggs in the same pan until fully cooked.
- 4.Add mixed vegetables to the skillet and cook until they are tender.
- 5.Add chilled rice to the skillet and stir-fry everything together, breaking up any clumps of rice.
- 6. Pour soy sauce and sesame oil over the rice mixture, and continue to stir-fry until everything is evenly coated.
- 7. Season with salt and pepper to taste.
- 8. Garnish with chopped green onions if desired.



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