



# Cabbage Pakoda

## 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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