COCONUT CABBAGE

From our garden: cabbage

NOTES TO STUDENTS and VOLUNTEER:

1. Read this recipe so you understand how to prepare the ingredients.
2. Focus on your peeling and knife skills.

Equipment

- chopping board
- large knife
- peeler
- measuring spoons
- measuring cups
- wok
- wooden spoon
- large frypan
- serving bowls and spoons
- oven mitts

Ingredients

- 2 tablespoons of vegetable oil
- 3 cloves garlic, thinly sliced
- 1 long fresh green chilli, thinly sliced
- 3 cm piece fresh ginger, peeled
- 2 teaspoons ground turmeric
- 2 teaspoons mustard seeds
- Small cabbage, coarsely chopped
- ¼ cup desiccated coconut

What to do

- Prepare the vegetables as outlined above.
- Heat a wok over medium-high heat. Add the oil and heat until just smoking.
- Add the garlic, chilli and ginger, and stir-fry for 1-2 minutes or until aromatic.
- Add the turmeric and mustard seeds. Cook, tossing, until the mustard seeds start to pop.
- Add the cabbage and coconut. Cook, tossing, for 4 minutes or until the cabbage is tender crisp.
- Serve immediately.