

Five-Minute Indian-style Cabbage

Serves 4 as a side dish

Vegan, and gluten-free

Be sure and have all of chopping done and your spices measured in advance, because once the mustard seeds hit the oil, you have to move quickly.

1/2 head green or red cabbage,
cored and sliced thinly
1/4 cup olive oil, or more to taste
1 tablespoon black mustard seeds

3 cloves minced garlic

In a small bowl mix:

1 -1/2 teaspoons salt
1 teaspoon cumin powder
1 teaspoon turmeric powder
1/2 teaspoon dried chili flakes
1/4 tsp. cardamom
1/8 tsp. cinnamon



Heat a large skillet or wok over a high flame. Heat the oil, add the mustard seeds. ***As soon as they start to pop***, add the garlic, stir quickly for 15 seconds, then add the rest of the spices and stir-fry for 10 more seconds. Move quickly here so you infuse the flavor in the oil but don't burn the spices. Add the cabbage and quickly stir-fry until crisp-tender or tender, your preference. Taste and adjust seasoning.

Indian-style cabbage you can make in 5 minutes