

Recipe Name: Muttai Kose Poriyal Recipe - Cabbage Stir fry With Coconut

Diet Type:

Course: Side Dish

Cuisine: South Indian Recipes

Quantity:



Ingredients

Ingredient	Quantity
• 500 grams Cabbage (Patta Gobi/ Muttai Kose) - roughly chopped or sliced thin	3
• 1 teaspoon Mustard seeds	
• 1-1/2 teaspoons White Urad Dal (Split)	
• 1 sprig Curry leaves - finely chopped	
• 1 Green Chilli - slit	
• 1/4 cup Fresh coconut - grated	
• Salt - to taste	

Preparation

- To begin making the Muttai Kose Poriyal Recipe/ Cabbage Poriyal, get the cabbage chopped or sliced and prep the rest of the ingredients and keep them ready.
- Heat a teaspoon of oil a heavy-bottomed pan on medium heat.
- Add the mustard seeds and urad dal.
- Allo.

Macronutrients

Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)	Fiber (g)	Sugar (g)
220	5	25	12	4	6