DietCloud – Recipe

Recipe Name: CABBAGE CAPSICUM PORRIYAL

Diet Type:

Course: General Course

Cuisine: Indian

Quantity:



Description

Cabbage Capsicum Porriyal is a vibrant and healthy South Indian stir-fry, marrying finely shredded cabbage with crisp green capsicum. Lightly spiced with aromatic tempering and often finished with fresh grated coconut, it offers a delightful crunch and mild sweetness. This versatile dish is typically served as a nourishing side with rice, sambar, or Indian bread.
[PROS]
- Excellent source of dietary fiber, aiding digestion and promoting gut health.
- Rich in vitamins C and K from both cabbage and capsicum, supporting immunity and bone health.
- Low in calories and fat, making it a great option for weight management and a balanced diet.
[CONS]
- Cabbage can cause bloating or gas in some sensitive individuals due to its sulfur compounds and fiber content.
- Overcooking the vegetables can reduce their vibrant color, crisp texture, and heat-sensitive vitamin content.
[DIETITIAN REVIEW]
This Cabbage Capsicum Porriyal is a fantastic example of a nutrient-dense vegetable side dish. It delivers essential vitamins, minerals, and fiber with minimal calories and fat, making it an incredibly healthy addition to any meal. The preparation method ensures most nutrients are retained while offering a satisfying flavor and texture. Score: 9/10

Ingredients

Ingredient	Quantity
• Cabbage	1 cup, finely shredded
• Green Capsicum (Bell Pepper)	1/2 cup, finely chopped
• Fresh Grated Coconut	2 tbsp
• Cooking Oil (e.g. • coconut oil)	1 tsp
• Mustard Seeds	1/4 tsp
• Urad Dal (Split Black Gram)	1/2 tsp
• Curry Leaves	5-6 leaves

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• Green Chili	1, slit (optional)

• Asafoetida (Hing)	Pinch (optional)

- Turmeric Powder 1/4 tsp

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• Salt	To taste

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Preparation

• 1.
• Heat oil in a medium-sized pan or kadai over medium heat.
• Add mustard seeds and allow them to splutter.
• 2.
• Once mustard seeds splutter, add urad dal, curry leaves, green chili (if using), and asafoetida.
• Sauté until the urad dal turns light golden brown.
• 3.
• Add the finely shredded cabbage and chopped capsicum to the pan.
• Stir in turmeric powder and salt to taste.
• 4.
• Mix well, then cover the pan and cook on low to medium heat for 5-7 minutes, stirring occasionally.
• Cook until the vegetables are tender-crisp but not mushy.
• 5.
• Remove the lid, add the fresh grated coconut, and stir gently.
• Cook for another 1-2 minutes to allow the flavors to meld and the coconut to heat through.
• 6.
• Serve hot as a delicious and healthy side dish with your favorite South Indian meal.

Macronutrients

Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)	Fiber (g)	Sugar (g)
120	2	25	2	4	8