

# CABBAGE SABJI / FILLING

*Recipe and notes from Anuradha S. dasi*



**Servings:** 2 - 3

**Time:** 30 minutes

## INGREDIENTS

1/2 cabbage  
1-2 tomato chopped  
1 tsp kalonji seeds (nigella sativa, black cumin)  
1/2 tsp asafoetida (hing)  
1 tsp cumin powder  
1/2 tsp coriander powder  
1/2 tsp Moroccan blend /curry powder  
1/4 tsp turmeric  
1/2 cup whey/vegetable stock  
1-2 Tbs oil  
Salt n pepper to taste  
\*Fresh coriander optional

## PREPARATION

- ~ Heat 1 Tbs oil on med-high. Add Hing, cabbage, cook until char.
- ~ Turn heat to low, make a "well" in the cabbage (or take out of the pan then proceed). Add 1 tsp oil, kalonji seeds, cumin, coriander, and Moroccan powder.
- ~ Add tomato, turmeric, salt on tomato, and black pepper. Cook on medium heat until the tomato is soft.
- ~ Mix together, add whey, cover, cook on med-high until dry.
- ~ Finish with fresh coriander optional.

## NOTES

Moroccan blend: salt, ginger, cinnamon, paprika, cumin, coriander, turmeric, allspice, star anise, black pepper, clove, sage, chili.

Add your own favorite spice blend or curry powder.

## RECIPE CONTINUED

Whey: you can substitute with vegetable stock or just water.

Kalonji: can be omitted if unavailable.

Oil: I used olive oil, but you can use any healthy oil like coconut, grape seed, or avocado. Taste may vary.

Filling: this can be used as a filling for samosa or paratha—just add potato, peas, and/or cauliflower. You can use mixed vegetables also.

Serve with chapati, naan, or any kind of flatbread; rice, pickle; and enjoy.

