

*held in the heart*

## EXPLORE | RECIPES

.

### STEAMED CABBAGE SALAD

---

#### INGREDIENTS

- 4 cups thinly-shredded green cabbage
- 2 cups shredded coconut
- 1 cup chopped cashews
- 2 mild green chilis, chopped
- $\frac{2}{3}$  cup chopped fresh cilantro
- 2 tablespoon lemon juice
- $\frac{2}{3}$  teaspoon turmeric
- $\frac{2}{3}$  teaspoon coriander
- $\frac{2}{3}$  teaspoon cardamom
- 2 tablespoon ghee (or coconut oil)
- 2 teaspoon mustard seeds
- Salt to taste (course pink Himalayan salt)

---

#### DIRECTIONS

1. Lightly steam cabbage for 5-8 minutes.
2. In a large salad bowl, combine the cabbage, coconut, cashews, green chili, lemon juice and cilantro. Add salt to taste.
3. Heat the ghee (oil) in a small pan. Add the mustard seeds. As they pop, add the turmeric, coriander, & cardamom. Incorporate and remove from heat. Allow dressing to cool slightly.
4. Pour over the salad mixture and toss well. Serve immediately or chill.