

SPICY CABBAGE

Time: 30 minutes

Serves: 4

Ingredients:

8 thick slices bacon – cut into matchsticks
1 teaspoon cumin seeds
½ teaspoon crushed red chili
1 onion – thinly sliced
2 carrots – peeled and grated
8 cups cabbage – thinly sliced or shredded
½ teaspoon kosher salt
1 tablespoon fresh lemon juice

Preparation:

Place a deep frying pan on medium heat and once it's hot, add the bacon. Cook, stirring occasionally until the bacon is nearly crisp.

Add the cumin seeds and crushed chili, stirring constantly for thirty seconds.

Stir in the onion, carrots and cabbage. Cook, stirring occasionally for seven minutes.

Stir in the salt and lemon juice, then serve immediately.

Nutritional Information Per Serving:

Calories: 245
Fat: 14g
Carbs: 15g
Fibre: 4g
Protein: 15g