Dinner, Indian

Crunchy Raw Papaya and Cabbage Stir Fry

Thickly grated raw papaya and shredded cabbage meet thinly sliced capsicum in a quick pan toss, seasoned with mustard seeds, asafoetida and a splash of lemon juice. A finishing scatter of coriander keeps every bite crisp and bright.



Vegan | Dairy free

13 min	48	5.8 g	5.1 g
time	calories	carbs	sugars

Ingredients, 4 servings

- [ ] 1 1/2 cups thickly grated raw papaya
- [ ] 1 cup shredded cabbage
- [ ] 1 1/2 tsp oil
- [ ] 1/2 tsp mustard seeds (rai / sarson)
- [ ] 2 pinches asafoetida (hing)
- [ ] 1 slit green chilli
- [ ] 1/2 cup thinly sliced capsicum
- [ ] 1/4 tsp haldi powder (turmeric powder)
- [ ] salt (namak) to taste
- [ ] 1/2 tsp lemon juice
- [ ] 2 tbsp finely chopped coriander (dhania)

Method

- [ ] **1** Set a broad nonstick pan over the heat, pour in the oil, and scatter the mustard seeds in.
- [ ] **2** As soon as the mustard seeds crackle, add the asafoetida and the slit green chilli, then saute on a medium flame for a few seconds.
- [ ] **3** Tip in the thickly grated raw papaya along with the shredded cabbage and thinly sliced capsicum, sprinkle over the turmeric powder and salt, and saute on a high flame for 2 minutes.
- [ ] **4** Stir in the lemon juice, mix everything well, and take the pan off the heat without cooking it any further.
- [ ] **5** Serve straight away, topped with the finely chopped coriander.

Nutrition Facts

Per serving

Calories	**48**
Total fat	2.6 g
Saturated fat	Not listed
Sodium	5 mg
Total carbs	5.8 g
Fiber	0.9 g
Total sugars	5.1 g
Protein	1.2 g

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