

Cabbage Stir-Fry with Coconut and Lemon

[CHITRA AGRAWAL](#) [EPICURIOUS JANUARY 2017](#)

Yield Serves 4–6

Total Time - 25 minutes

Ingredients

- 1/4 cup unsweetened grated coconut (fresh, frozen, or dried)
- 2 tablespoons mild-flavored oil, such as canola
- 1 teaspoon yellow or black mustard seeds
- 2 teaspoons chana dal (the split kernel of a variety of chickpea) and/or urad dal (black gram beans), or 2 teaspoons lightly crushed yellow split peas
- 1–2 dried red chiles, broken in half
- 1 small head of cabbage (about 1 1/2 pounds), trimmed, cored, finely chopped (about 8 cups)
- 3/4 teaspoon (or more) kosher salt
- 1/4 teaspoon ground turmeric
- 2 tablespoons chopped cilantro leaves
- 1 tablespoon (or more) fresh lemon juice

Preparation

1. Thaw frozen coconut or soak dried coconut in a little hot water to plump up.
2. Heat oil in a wok or large skillet over medium until shimmering. Add 1 mustard seed. When seed sizzles and pops, add remaining mustard seeds, cover, and cook until seeds start popping, about 10 seconds.
3. When popping starts to subside, immediately add chana dal. Reduce heat to medium-low and cook, tossing constantly, until dals are reddish golden brown and smell nutty, about 2 minutes.
4. Add chiles and toss to coat.
5. Add cabbage, salt, and turmeric and cook, stirring, until cabbage wilts but still has a little crunch, 3–5 minutes.
6. Add coconut and cook until heated through, about 1 minute more.
7. Remove from heat. Stir in cilantro and lemon juice. Taste and add more lemon juice and salt if needed.