



Broccoli Thoran

SERVES: 6

An interesting and appealing way of cooking vegetables from the southern India state of Kerala.

Thoran is a popular dish usually eaten with steamed rice. The chopped vegetable is mixed with grated coconut (which grow in abundance in Kerala). Often eaten as part of a banquet in celebration of a marriage, birthday & birth.

INGREDIENTS:

- 1 tbsp sunflower oil
- ¼ tsp mustard seeds
- 2 green chillies, de-seeded and finely chopped
- 1 brown onion, thinly sliced
- 2 large garlic cloves, thinly sliced
- 3 curry leaves
- ¼ tsp powdered turmeric
- Pinch of salt, plus extra, to taste
- ½ cup water
- 30g shredded coconut
- 500g broccoli, florets chopped, stalk peeled and julienned



METHOD:

1. Prepare all of the ingredients based on the instructions in the ingredients list
2. Heat the oil in the large saucepan over a medium heat
3. Add the mustard seeds and wait for a few seconds until they start to pop
4. Reduce the heat to low, add the chilli and stir for 1 minute
5. Add the onion, garlic and the curry leaves. Cook, stirring for a further 1 minute
6. Add the turmeric and salt, then stir
7. Add the water, shredded coconut and the broccoli florets
8. Stir well to combine. If there is no more liquid, add a little more water
9. Cook, covered, but stirring occasionally to prevent the mixture from sticking to the bottom of the pan, for 5 minutes until the broccoli is cooked through
10. Taste and adjust the seasoning
11. Transfer to the serving bowls and serve