

## **Broccoli Thoran**

### **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**

Prepare all of the ingredients based on the instructions in the ingredients list.

Heat the oil in a large saucepan over a medium heat.

Add the mustard seeds and wait for a few seconds until they start to pop.

Reduce the heat to low, add the chilli and stir for 1 minute.

Add the onion, garlic and the curry leaves and cook for a further minute.

Add the turmeric and salt, then stir.

Add the water, shredded coconut and the broccoli florets, stir well to combine. If there is no more liquid, add a little more water.

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.

Taste and season if needed.