

Ethiopian Cabbage Dish (Atakilt Wat)



Serves 5



40 minutes



Winter



Cabbage, Carrot, Potato

INGREDIENTS:

- 1 small head cabbage, thinly sliced
- 3 medium carrots, cubed
- 1 large potato, cubed
- 1 small onion, chopped
- 2 tbsp olive oil
- 1 tsp turmeric powder
- 1 tsp cumin powder
- 2 cloves garlic, minced
- 1 inch ginger, grated
- Salt and pepper, to taste
- 1/2 cup water (adjust as required)

METHOD:

1. Heat olive oil in a large pan over medium heat.
2. Add minced garlic and grated ginger to the pan. Sauté for 1-2 minutes until the ginger and garlic become fragrant.
3. Add the chopped onion and cook for 5-6 minutes. Stir occasionally until the onion becomes translucent.
4. Add turmeric powder and cumin powder and fry for 1-2 minutes.
5. Add potato and carrot, along with some water. Mix well to combine with other ingredients.
6. Cover and cook for 10 minutes until the vegetables slide off a fork. If the vegetables are not tender cook for a few more minutes.
7. Now add the sliced cabbage leaves and combine with other ingredients.
8. Cook for approximately 10 minutes. Make sure the cabbage is still crunchy and does not turn mushy.
9. Season with salt and pepper.
10. Turn off the heat and serve hot.

TIPS:

- *Traditionally the Ethiopian cabbage dish is served with Injera (Ethiopian flat bread). You can serve this with flatbread, rice or lentils.*
- *For additional flavour, water can be replaced with your preferred stock.*
- *Leftovers can be refrigerated for about 4-5 days.*
- *If you like spice, you can add chilli pepper.*
- *If available, using 1-2 tsp of berbere spice along with other spices can make the dish more authentic.*

Share it with us!

@foodfromh0me

