Coconut Cabbage and Chickpeas

Makes 4 servings

Cooking cabbage on high heat makes it sweeter, and braising it in a spiced coconut broth makes it tender and infused with flavor. Your child can help garnish with cilantro and lime wedges.

Ingredients

- 2 tablespoons olive or canola oil
- 1 small Napa cabbage, core removed and chopped
- 2 medium shallots, finely chopped
- 2 garlic cloves, finely chopped
- 1 inch piece of ginger, peeled and finely chopped
- 1 green chile, seeds removed and finely chopped (optional)
- 1 teaspoon mustard seeds (optional)
- 1 teaspoon cumin powder
- 1 teaspoon turmeric powder

- 1 14 or 15-ounce can unsweetened coconut milk, shaken well
- 1 15-ounce can low-sodium chickpeas, drained and rinsed
- ¼ cup finely chopped cilantro
- Juice of ¼ lime, plus lime wedges for serving

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Directions

1. Add 1 tablespoon of oil to a large skillet set over medium-high heat. When the oil is hot, add the cabbage and ½ teaspoon of salt. Cook until the cabbage starts to get soft and brown in spots, about 5 minutes. Transfer the cabbage to a large bowl.
2. Heat the remaining 1 tablespoon of oil in the same pan. Add the shallot, garlic, ginger, and chile and cook until fragrant, about 2 minutes.
3. Add the mustard seeds, cumin, salt, and turmeric and cook until fragrant and the mustard seeds start to pop, about 1 minute.
4. Add the coconut milk, chickpeas, cabbage, ½ cup water, and ½ teaspoon salt. Stir to combine, then bring to a boil. Cover the pan, turn the heat to low, and cook until the cabbage is soft, about 10 minutes. When the cabbage is cooked, stir in the lime juice.
5. Top with cilantro and serve hot with brown rice and remaining lime wedges.