Triple Cabbage Salad

½ Chinese cabbage

½ red baby cabbage

½ green baby cabbage

3 spring onions

1 tsp grated ginger or dry powdered ginger

1 tsp olive oil

1 tsp apple cider vinegar

1 tsp sesame seed oil or avo oil

* Shred the cabbages and slice the spring onions
* Mix all the ingredients together in a bowl
* Let it stand chilling in the fridge for 30 minutes then serve.

Southern Indian Curry

4 tbsp coconut oil

2tsp chilli flakes

4 tsp coriander seeds, crushed

5 cardamom pods, shell discarded and seeds crushed

½ tsp fenugreek, crushed

1cm cinnamon stick, crushed

1tsp ground cumin

2tsp turmeric

4 garlic cloves rushed

5cm fresh ginger, grated

18 boneless chicken thighs cut in half

2 onions, chopped

2 x 400g tins coconut milk

Generous handful of curry leaves

* Heat half the oil in a large pot
* Add the spices over a medium heat
* Stir well for a few minutes then add garlic and ginger
* Stir again for a minute and remove from the heat
* Set aside
* In a separate pan, heat the remaining oil and brown the chicken on all sides in batches.
* Add the chicken to the spice mix as you brown it
* Gently cook the onions for 5 minutes and add to the chicken spice mix
* Pour in the coconut milk and curry leaves
* Bring to the boil and simmer slowly for 1 hour
* Serve with brown rice
* Cook the rice with 1 sautéed onion, cinnamon stick and cardamom pods and a bay leaf.
* Add the rice and water and cook till done.