



## Recipe: Cabbage Cutlets

### Cabbage Cutlets

1 cup cabbage (grated)  
1 tablespoon ginger (chopped)  
1 cup Onion (chopped)  
½ cup cilantro  
½ lemon (juiced)  
½ teaspoon of sugar  
½ teaspoon turmeric  
breadcrumbs  
2 slices whole wheat bread  
1 green chili (optional)  
coconut oil  
2 eggs  
2 tablespoons of milk  
ghee

### Chutney

2 tablespoons tamarind paste  
½ cup of water

### Cauliflower

¼ cup Ghee  
2 ½ inches of ginger (fresh, chopped)  
1 whole Cauliflower (chopped)  
1 ½ tomatoes (chopped)  
1 teaspoon salt  
1 teaspoon turmeric  
½ teaspoon paprika  
chili powder to taste  
1 cup frozen peas  
cilantro (to garnish)

### Chutney

1 cup cilantro (fresh)  
1 cup of mint (fresh)

---

---

½ teaspoon salt

1/8 teaspoon black salt

¾ teaspoon cumin (ground)

½ teaspoon red chili powder

½ teaspoon Life is a Recipe® Garam Masala

½ cup sugar

¼ cup lemon juice

1/8 cup of water

1 medium green chili

½ teaspoon salt

½ teaspoon cumin seeds

½ teaspoon red chili powder