



### Girija Paati's Knol Khol (Wild Cabbage) Curry

**We recently found out that the knol khol is actually wild cabbage related to broccoli, brussel sprouts and kale! We always thought it was a form of turnip and was a cousin of root vegetables like the beetroot! Ah! Looks can be deceiving right?!**

The knol khol is extremely nutritious and has a long and varied list of health benefits, from reducing inflammation in the intestines to lowering blood sugar! The best part, the leafy greens of this vegetable are also edible and quite easy to cook.

Girija Paati's recipe is simple and quick, so go ahead, try the recipe below and also let us know what your favourite turnip recipe is.

Serves: 4

#### **Ingredients:**

1. Knol Khol – ¼ kg – peel and chop finely
2. Onion – 1 large – finely chopped
3. Mustard seeds – to season
4. Urad dhal – to season
5. Dried Red Chilli – 1
6. Green Chilli – 1
7. Curry leaves – to season
8. Rock Salt – to taste
9. Turmeric Powder – a pinch
10. Cooking oil – 2 tsp
11. Coconut – 1 tbs (optional)

#### **Method:**

1. Heat a kadai and add the oil
2. Add the mustard seeds, red chilli, urad dhal and fry
3. Add the green chilli and curry leaves
4. Add the onion and fry for 5 minutes
5. Add the knol khol, add the turmeric powder, fry for 2 minutes
6. Add about 50-60 ml of water and close, let it cook on a low flame for about 5 minutes
7. Open the lid, add rock salt, stir and cover again. Allow it to cook till the knol khol is well done
8. Finally open the lid, fry well for 2 minutes till all the water evaporates and turn off the flame
9. Add coconut, if desired
10. Serve hot

We serve this with [Girija Paati's Nellikai Pickle \(Chunky Gooseberry Pickle\)](#) for a touch of spice. It goes perfectly with ghee rice, lemon rice or phulkas.

Download the printable recipe [here](#).

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