KIKKOMAN

Stir-fried cabbage & tuna with garam masala

Total time **15 mins** **5 mins** preparation time **10 mins** cooking time

Nutritional facts (per portion):
540 kJ / 129 kcal

Fat: **7.5 g** Protein: **18 g**
Carbohydrates: **2.5 g**

INGREDIENTS

2 portion(s)

200 g	cabbage
1	potato
1	clove garlic
2 tbsp	olive oil
1 tsp	cumin seeds
1	tin of tuna (80 g)
2 tbsp	water
2 tsp	curry powder
2 tsp	garam masala
2 tbsp	Kikkoman Naturally Brewed Soy Sauce

PREPARATION

Step 1

200 g cabbage - **1** potato - **1** clove garlic - **2 tbsp** olive oil
Dice the cabbage and potatoes into 1 cm cubes. Chop the garlic. Put the garlic and olive oil in a pan and turn on the heat.

Step 2

1 tsp cumin seeds - **1** tin of tuna (80 g) - **2 tbsp** water - **2 tsp** curry powder - **2 tsp** garam masala - **2 tbsp** Kikkoman Naturally Brewed Soy Sauce
When the garlic aroma rises from the pan, add the cumin, potatoes, cabbage and tuna. Then add the water, cover, and cook until the potatoes are done (about 3 minutes).

Remove the lid, add the curry and garam masala powder and Kikkoman Soy Sauce, and cook until everything blends together. Then serve on plates.