ETHIOPIAN · LUNCH · DINNER · SIDE

Atakilt Wat (Ethiopian Cabbage, Carrot and Potato)

30 min · Serves 6 · 110 kcal a serve · Video 7:10 · Urban Farmie

Vegan · Gluten-free ingredients · No nuts listed

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A vegan one-pot of cabbage, carrot and potato that gives a good share of a day's vitamin C, vitamin K and vitamin A (from beta-carotene), flavoured with turmeric, cumin and ginger. About 110 kcal a serve, with only 2 tbsp oil for six.

Diet notes: Low saturated fat (0.6 g, 5% of the energy); DASH-friendly (430 mg sodium a serve).

Ingredients 12 · SERVES 6

- [ ] ½ medium head of **cabbage** (about 450 g), cored and thinly sliced
- [ ] ½ medium **red onion**, finely diced
- [ ] 1 medium **potato**, peeled and diced
- [ ] 3 medium **carrots**, peeled and diced
- [ ] 2 tbsp **olive oil**
- [ ] 1 **garlic** clove, minced (or 1 tsp garlic paste)
- [ ] 1 tsp **ginger paste**
- [ ] 2 tsp **ground turmeric**, divided
- [ ] 1 tsp **ground cumin**
- [ ] 240 ml **water** (or vegetable broth)
- [ ] 1 tsp **salt**
- [ ] 1 tsp **freshly ground black pepper**

Amounts in metric units, converted from the cook's and rounded — the video has the originals.

Allergens found in the listed ingredients: none. Worked out from the ingredient list, not tested. Stock, sauces, spice mixes and other packaged foods can contain allergens, so always read the labels on what you buy. If you have a food allergy, don't rely on this.

Method TIMES = THE MOMENT IN THE VIDEO

1. Finely dice the onion, core and thinly slice the cabbage, and cut the peeled carrots and potato into small, even pieces so they cook at the same rate. 1:29
2. Warm the oil over medium heat in a wide pan with a lid. Add the garlic and ginger, then half the turmeric and the cumin, and stir for about 30 seconds to flavour the oil. 2:28
3. Stir in the onion for about a minute, then add the carrots, potato, the rest of the turmeric and the water. Spread out, cover and cook about 10 minutes, until a fork slides easily into the potato and carrots. 3:31
4. Add the cabbage, season with the salt and pepper and stir well. Cover and cook about 5 minutes more, until tender with a little crunch, or longer if you like it soft. 4:46
5. Serve with injera, rice or flatbread. 5:18

> **Tip** Keeps 4–5 days in the fridge and freezes well in portions. For a more traditional taste, use 2–3 tbsp niter kibbeh (spiced clarified butter) instead of the oil; it is then vegetarian, not vegan.

The method is a summary in our words — the video shows every step.

One serve gives you 1 OF 6 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE	FIBRE	FAT	SODIUM
110 kcal	2.3 g	16 g	4 g	4.8 g	430 mg
460 kJ	5% of a day	12 g net · 5 g sugars	14% of a day	0.6 g saturated	19% of a day
		6% of a day		6% of a day	

Energy from net carbs 48% · protein 9% · fat 43%

High in (20%+ of a day) Vitamin K 55% · Vitamin C 37% · Vitamin A 33%

Source of (10–19%) Vitamin B6 15% · Folate 12%

Recipe and video: Urban Farmie (@UrbanFarmie) on YouTube — youtube.com/watch?v=WlVrqDTu-eM, published 22 January 2021. All credit for the recipe goes to the cook; please watch and support their channel.

By Notbroken: the method summary, the unit conversions, the diet notes and the nutrition estimate — worked out from the ingredient list with USDA FoodData Central values; % of a day compares one serve with the US FDA daily values on food labels (2,000 kcal). Brands, portions and cooking change the real numbers.

General information about food, not medical or dietary advice. Free, no sign-up: notbroken.io/eat/urban-farmie-atakilt-wat