

Ingredients

Quantity	Measure	Ingredients	Description
Any	Nos	Cabbage - Green	stem any nu
1	Teaspoon	Chilly Sauce, Red	
2	Nos	Cloves (spice)	
2	Flakes	Garlic	
any	Nos	Green Peas	skins or she
1	Nos	Onion	
1	Pinch	Pepper Powder	
	Little	Salt	
2	Nos	Tomatoes	

Method

Pressure cook, 2 tomatoes, 2 garlic flakes, 2 cloves, 1 cabbage stem. Pressure cook separately green peas shells, grind and strain all of the above. Strain the green peas separately. Boil all of the above, adding salt, pepper and chillies.