



## CARAMELISED AND BRAISED CABBAGE WEDGES

Think cabbage is boring...think again! Transform a savoy cabbage sometimes called hispi or a sweetheart or pointy cabbage into a super healthy nutritious, tasty accompaniment to any meal any time of year.

Preparation time: 10 minutes Cooking time: 30 minutes

Serves:4

### WHAT YOU'LL NEED:

- 1 medium to large savoy or sweetheart cabbage
- 1 tbsp butter
- 1 tbsp good quality olive oil
- 350ml of vegetable or chicken stock consider chicken bone broth for higher protein
- 2 cloves of garlic (optional)
- 1 tsp of cumin seeds
- 1 tsp of paprika
- Half tsp cinnamon
- Sea salt and ground pepper to taste

### WHAT TO DO:

Set the oven to 180 degrees C

Slice your cabbage of choice into 6-8 wedges leaving the core intact

Heat the oil and butter plus the salt & pepper in a pan and sear the cabbage on both side until deeply golden brown (almost charred)

Reduce the heat to medium and add the stock, garlic and spices

Cover the pan tightly with foil or a lid and cook for 30 mins until cabbage is tender

Remove foil or lid for the last 5-10 minutes to reduce the stock and further caramelize the sauce

Serve from the pan with a slotted spoon drizzling the sauce across each wedge

Serve with BBQ, roasts, fish or steak