

3 Ways with Cabbage V

Cabbage is a ‘forgotten’ vege which gets a bad name because it tends to be over-cooked or poorly prepared. Cooked properly, it’s delicious, so let’s bring it back – it’s a super-versatile ‘workhorse’ ingredient and is almost always really cheap. It comes in so many varieties – white, Savoy, Chinese, purple and more; you can use it as a vege side for a main or a base for a salad, and you can add suitable herbs and spices to complement the rest of your meal.

Buttery Purple

Using purple cabbage adds variety by introducing a different colour. Sometimes, simple things like this can make all the difference.

Serves	4	Per serve	
Prep time	2-5 minutes	Carbs	4.2 g
Cook time	5-10 minutes	Protein	2.2 g
Difficulty	●●●	Fat	12.5 g
		Energy	143 Cal

INGREDIENTS

- ½ head purple cabbage
- ¼ cup butter
- ½ tsp mixed spice
(or spice of your choice)
- ¼ cup stock or water
(if necessary)

METHOD

Shred the cabbage finely – the finer you shred, the quicker it will cook (a mandolin is good if you have one).

Heat the butter in a large frying pan over a medium heat until the butter has melted and has stopped bubbling. Add the cabbage and spice and cook, stirring, for 5-6 minutes until just soft – don’t let it go soggy. If your cabbage is on the tougher side, add the stock or water and cook for a further 2-3 minutes until the liquid has evaporated and the cabbage is tender.

Season with plenty of salt and freshly ground black pepper before serving.

