



Product Spotlight: Cabbage

Cabbage belongs to the cruciferous vegetable family, related to kale, broccoli and Brussels sprouts. Cabbage provides a good source of antioxidants!



Spice Roasted Cabbage with Romesco

Lemon roasted cabbage wedges with a Spanish spice rub served on a bed of millet, with a roast pepper sauce, fresh parsley and toasted almonds.



35 minutes



4 servings



Plant-Based

25 August 2023

Leftover salad!

Have leftovers? Chop the cabbage and toss with the millet, onion, olives, parsley and almonds for a delicious salad! Add some crumbled nut feta cheese or baby spinach to bulk it up.

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	13g	38g	60g

FROM YOUR BOX

MILLET	200g
SPANISH SPICE MIX	1 sachet
LEMON	1
GREEN CABBAGE	1/2
RED ONION	1
GREEN OLIVES	1 jar
ROASTED RED PEPPERS	1 jar
ALMONDS	1 packet (80g)
GARLIC CLOVE	1
PARSLEY	1 packet

FROM YOUR PANTRY

olive oil, salt, pepper, red wine vinegar, sugar (of choice)

KEY UTENSILS

saucepan, oven tray, stick mixer or blender, frypan

NOTES

Drain millet after rinsing for a minimum of 5 minutes, or press down in a sieve to squeeze out excess liquid.



1. COOK THE MILLET

Set oven to 220°C.

Place millet in a saucepan and cover with water. Bring to a boil and simmer for 12-15 minutes, or until tender. Drain and rinse (see notes).



2. PREPARE THE CABBAGE

Combine spice mix with zest and juice from 1/2 lemon, **3 tbsp olive oil, salt and pepper** in a small bowl. Wedge or slice cabbage into 8 even pieces. Rub with marinade on a lined oven tray.



3. ROAST THE TRAYBAKE

Slice onion. Drain olives. Add to tray with cabbage. Drizzle with **olive oil** and season with **salt and pepper**. Roast in oven for 20-25 minutes until cabbage is tender and cooked through.



4. MAKE THE ROMESCO

Drain roasted peppers. Blend with 1/2 the almonds, 1 garlic clove, **1 tsp sugar, 1 tbsp vinegar** and **2 tbsp olive oil** using a stick mixer or blender until smooth. Season with **salt and pepper**. Set aside.



5. PREPARE THE TOPPINGS

Roughly chop remaining almonds. Toast in a dry frypan for 5 minutes until golden. Set aside. Chop parsley and wedge remaining lemon.



6. FINISH AND SERVE

Divide millet among plates. Top with roast cabbage, onion and olives. Spoon over romesco to taste. Garnish with almonds and chopped parsley. Serve with lemon wedges.



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