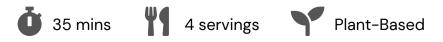


### Product Spotlight: Cabbage

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

# 2 Oven Roasted Cabbage

Cabbage roasted in a rich tomato passata with sun-dried tomato sausages and olives.



Bulk it up!

Serve thick slices of crusty bread alongside this dish to dip into the rich sauce.

Per serve: PROTEIN TOTAL FAT CARBOHYDRATES 13g 18g 56g

#### FROM YOUR BOX

1
2 packets
2
1
1 tub
1 jar
1/2 bunch *

\*Ingredient also used in another recipe

#### FROM YOUR PANTRY

salt and pepper, balsamic vinegar

#### **KEY UTENSILS**

kettle, large saucepan with lid, frypan, roasting dish

#### NOTES

Most of our veggies come pre-washed, but it's always good to give them an extra rinse.



## **1. PREPARE THE CABBAGE**

Boil the kettle and set oven to 250°C.

Cut cabbage in half, then wedge each half into quarters. Add to a large saucepan with boiled water from kettle and **salt**. Boil for 5 minutes with lid on.



# **2. FRY THE SAUSAGES**

Heat a frypan over medium-high heat. Chop the sausages into small pieces and cook for 4-6 minutes until browned.



#### **3. MAKE THE SAUCE**

Roughly chop the celery, grate carrot, add to pan was you go, sauté for 2–3 minutes. Roughly chop olives, pour into pan with passata and **1 cup water**, cook stirring for 5 minutes, season with **salt and pepper**.



## **4. ROAST CABBAGE**

Drain boiled cabbage. Arrange in roasting dish. Spoon sauce over cabbage to cover. Roast for 20-25 minutes, until cabbage is caramelising on the edges.



## **5. PREPARE GARNISH**

Roughly chop parsley and mix with **1 tbsp** balsamic vinegar, salt and pepper.



#### **6. FINISH AND PLATE**

Evenly divide cabbage among shallow bowls, spoon over sauce and top with parsley garnish.

