




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.

 35 mins

 2 servings

 Plant-Based

28 May 2021

Bulk it up!

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

Per serve: **PROTEIN** 22g **TOTAL FAT** 28g **CARBOHYDRATES** 80g

FROM YOUR BOX

CABBAGE	1
SUN-DRIED TOMATO SAUSAGES	1 packet
CELERY STICK	1
CARROT	1
OLIVES	1 tub
PASSATA	1 jar
PARSLEY	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 as 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.

How did the cooking go? We'd love to know - help us by sharing your thoughts! Go to the **My Recipes** tab in your **Profile** and leave a review! Text us on **0481 072 599** or send an email to **hello@dinnertwist.com.au**

