

Spiced Cabbage with Apple

Serves: 6

Prep time: 10 minutes

Cook time: 20 minutes



1 serve per portion

Ingredients

Splash of olive oil

1 medium onion, chopped

2 garlic cloves, finely diced

Red chilli, diced finely (optional)

½ medium cabbage, chopped

1 medium apple, skin on, cored and finely diced

~500 ml vegetable or chicken stock, salt reduced

1 ½ teaspoons cumin

¼ teaspoon fennel seeds

Cracked pepper to taste



Everyday Food

Method

HEAT frying pan over low heat then add oil. Add chopped onions, garlic and chilli to pan and fry, stirring occasionally, until onion is translucent (about 5 minutes).

ADD cabbage, apple, cumin, fennel seeds and one cup of stock.

BRING to the boil stirring constantly.

REDUCE heat and simmer for about 15 minutes, until the cabbage has softened and cooked through. Keep adding the remaining stock as the cabbage cooks. Most of the stock should reduce by the time the cabbage is cooked through.

SERVE with cracked pepper.

Recipe courtesy of Gabriella Field, Tin Can Bay Branch