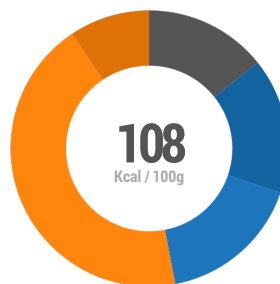


Baked White Cabbage with a Satay Style Sauce

By Mark Irish from Brakes

Overview ...



CALORIES:

32.7% Carbs

14.3% Protein

53% Fat

Food Labelling...

Serves **1**

CONTAINS:



WHEAT



PEANUTS



CELERY

MAY CONTAIN:



HAZELNUTS,
PECANS,
ALMONDS,
CASHEWS,
WALNUTS,
BRAZIL NUTS,
PISTACHIOS,
MACADAMIAS



MUSTARD

OTHER PROPERTIES:



VEGETARIAN



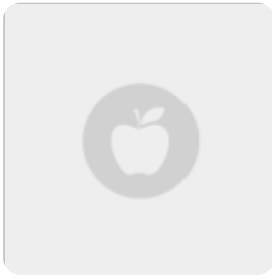
VEGAN

Recipe Ingredients ...

Recipe Ingredients ...	Quantity:	Description:
10282 White Cabbage - BRAKES	250g	
114656 Brakes Chipotle Chilli Glaze - BRAKES	35g	
133979 Sun Pat Crunchy Peanut Butter	50g	Each
113877 Rosemary - BRAKES	2g	
33853 Brakes Breadcrumbs Uncoloured - BRAKES	20g	
113883 Herb Bunched Sage - BRAKES	2g	
114218 Lemons - BRAKES	5g	
115043 Maggi Rich & Rustic Tomato Sauce 800g - BRAKES	100g	
118707 Cooked New Potatoes - BRAKES	75g	
113880 Premium Large Chives Bunch - BRAKES	2g	
10332 Lettuce Little Gem - BRAKES	30g	
131817 Micro Red Amaranth - BRAKES	1g	
129927 Brakes Essentials Olive Pomace Oil Blend - BRAKES	10ml	

Products / Pack Sizes ...

1 Serving



 *Product code*

 *Barcode*

 582g / 657kcal

1

Cooking Instructions & Notes

Preparation:

Remove any of the cabbage's damaged outer leaves. Cut it into 8 wedges - leave the core on. 2 Wedges are used per dish

Chop rosemary & sage

Cut the potatoes into wedges

Pick and wash lettuce leaves

Method:

1. Season the cabbage with salt and pepper and a little olive oil
2. Place 2 wedges of cabbage on to a chargrill and grill on both sides to get a charred affect
3. Transfer the chargrilled wedges to a bowl and allow to cool
4. Add chipotle glaze to the peanut butter. Mix well then massage into the cabbage
5. Place the marinated cabbage wedges into a pan and add a couple of tablespoons of water
6. Bake in the oven for @180oC for 20-30 mins or until the cabbage is softened. Reserve some of the liquor
7. Place a pan on a medium heat add the breadcrumbs, rosemary, sage and oil. Mix and toss until golden and crispy
8. Season with salt & pepper and finish with lemon zest, mix well. Place to one side and allow to cool
9. Warm the tomato sauce in a pan until heated through. Season with salt and pepper and a squeeze of lemon
10. Add a little bit of the cooking liquor from the cabbage and stir
11. Heat the potatoes as per their packaging instructions, and toss with chopped chives, salt and pepper
12. Pour the tomato sauce into your chosen serving bowl
13. Place the cabbage into the bowl, and sprinkle with the herby breadcrumbs and crispy onions
14. Serve with the potatoes and lettuce leave on the side