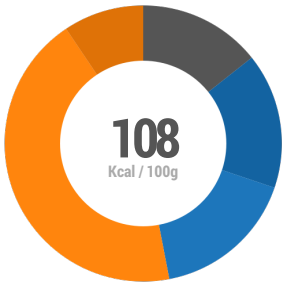
Baked White Cabbage with a Satay Style Sauce

By Mark Irish

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

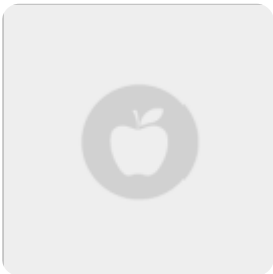
OTHER PROPERTIES:

VEGETARIAN VEGAN

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