



The Gathered Green

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RED CABBAGE BRAISED WITH APPLE, BACON AND BALSAMIC VINEGAR

Thank you to Jamieoliver.com for this delicious recipe and yummys.com for the picture.

Serves 4

Ingredients

- 1 tablespoon coconut oil
- 2 rashers bacon (preferably preservative free), finely sliced
- 1 tablespoon fennel seeds, bashed
- 1 onion, peeled and sliced
- 2 red apples, peeled and chopped into 2.5cm pieces
- 1 red cabbage, outer leaves and core removed, chopped into irregular chunks
- rock salt and freshly ground pepper to taste
- 150 ml balsamic vinegar
- 1 small knob butter
- 1 handful fresh flat-leaf parsley leaves, chopped





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Method

Heat coconut oil in a saucepan, add bacon and fennel seeds. Cook until golden then add the onion and continue to cook, with lid on, for a few more minutes until golden and sticky.

Add the apple, followed by the cabbage chunks, salt and pepper and the vinegar, and stir everything together well.

Put the lid back on and continue to cook on a low heat for an hour, checking and stirring every so often. You will end up with a gorgeously sticky-sweet cabbage dish.

Scoop into a serving dish, pop the butter on top and sprinkle over the parsley.

Enjoy!

Jane

