



**The Gathered Green**  
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# SWEET POTATO STUFFED WITH RED CABBAGE

Thank you to [medicalmedium.com](http://medicalmedium.com) for this recipe and picture

Serves 2

## Ingredients

- 2 medium sweet potatoes
- 2 cloves garlic
- ½ onion, diced
- ½ tablespoon coconut oil
- ½ medium red cabbage, shredded
- ½ teaspoon sea salt
- ½ lemon

## Sauce

- 1 tablespoon olive oil
- 1 tablespoon raw honey
- 1 tablespoon lemon juice
- 1 tablespoon grated fresh ginger





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## Method

Preheat oven to 200 degrees Celsius. Bake sweet potatoes on a baking sheet for 45 to 60 minutes, or until easily pierced with a fork.

In a large pan, heat coconut oil over medium high heat. Sauté garlic and onions for 5 to 10 minutes, stirring occasionally, until onions are translucent and soft.

Add the cabbage and sea salt, along with  $\frac{1}{4}$  cup of water. Cover and cook over medium heat for 30 to 40 minutes until cabbage is tender, continuing to stir occasionally and adding a splash of water as needed to moisten.

Split open sweet potatoes and mash each side slightly with a fork. Stuff as much braised cabbage into the openings as possible and let the rest spill over onto the plate.

Make the sauce just before serving the sweet potatoes.

Add all the sauce ingredients to a small pan. Heat the mixture over medium-high heat until it bubbles slightly. Continue stirring for 1 to 2 minutes until the sauce is well combined and slightly thickened.

Pour sauce over sweet potatoes, garnish with parsley or coriander.

Enjoy!

Jane

