

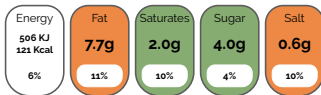


# Roasted Savoy Cabbage with Cider & Sage

WAYS TO BE WELL

# Roasted Savoy Cabbage with Cider & Sage

Serves 4 | Vegetarian



Per average serving of an adult's Reference Intake  
(84000 KJ / 2000 Kcal)  
Typical values per 100g: Energy 422 KJ / 101 Kcal

## INGREDIENTS:

### Roasted Savoy Cabbage:

1 Savoy cabbage, loose outer leaves removed and cut into 8 wedges  
30ml olive oil  
200ml Aspalls cider  
25g spring onions, thinly sliced at an angle  
½ tsp salt

½ tsp cracked black pepper  
30g Stilton cheese, crumbled

### Sourdough Crumb:

50g sourdough breadcrumbs  
10ml olive oil  
½ tsp salt  
8 sprigs of sage, thinly sliced  
Zest of 1 lemon  
10g parmesan cheese, finely grated  
3g garlic powder

## METHOD:

### Roasted Savoy Cabbage

1. Preheat oven to 220°C/gas 7.
2. Brush each wedge generously with oil and season well, lay the wedges in a roasting tray and bake for 20 minutes, turning once to colour evenly
3. Add the cider to the roasting tray and bake for another 10 minutes, turning once. Cook until tender, remove from oven, check seasoning and allow to cool.

### Sourdough Crumb

1. Preheat oven to 160°C/gas 3.
2. Mix the breadcrumbs with olive oil, spread on a baking sheet and toast for 10 minutes until golden brown.
3. Allow to cool then add the salt, sage, lemon zest, parmesan and garlic powder.
4. Mix well.

### Finishing the dish

1. Arrange the cabbage on a serving dish.
2. Sprinkle over the crumbled Stilton, spring onions and toasted breadcrumbs.