



Spiced cabbages, new potatoes & preserved lemon yoghurt

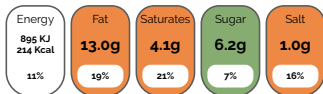
WAYS  WELL

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Vegetarian

Per Average Serving



Adults need around 2000Kcal/8400kJ a day.
Typical values per portion: Energy 214Kcal/895kJ.

INGREDIENTS (serves 4)

400g new potatoes	1 tbsp maple syrup	10 red chillies
1 tbsp fine salt (salted boiling water should taste like the sea)	125g coconut yoghurt	1 lemon
4g thyme	3g black pepper	3 tbsp olive oil
15g flat leaf parsley	250g cavolo nero/kale/cabbage (any leafy greens would work)	2 tsp cumin seeds
8g chives	10g ginger	1 tsp ground cumin
30g spring onions	3-4 garlic cloves	1 tsp smoked paprika
25g preserved lemon		8g fried crispy shallots/onions

METHOD:

1. Wash and cook the new potatoes in salted water with the thyme, takes approx. 20-25 minutes. Once cooked, drain, and cut the potatoes into bite sized pieces.
2. Finely chop the parsley leaves and chives. Wash and finely slice the spring onions.
3. For the preserved lemon yoghurt: Cut the preserved lemons in half, remove the seeds. Add to a food processor along with maple syrup and coconut yoghurt, blitz to combine. Check seasoning.
4. For the cabbages; Prep the cabbages by removing the stalk if needed, cut into large pieces, wash, spin the leaves dry. Peel and finely chop the ginger and garlic. Deseed and finely slice the red chillies. Zest and juice the lemons.
5. In a saucepan on a medium heat, pour in the oil, add the cumin seeds. Once the seeds begin to sizzle, add the garlic and chilli and stir well, ensuring the garlic doesn't burn. Add the dry spices and lemon zest. Add the potatoes and cook for 4 mins until they take on colour. Then add the cabbage leaves, cook for a few minutes on the heat, remove from the heat and cover for another two mins to steam the cabbage and potatoes.
6. Remove the cover and mix together. Pour in the lemon juice, half the sliced spring onions and season generously with the salt and pepper. Stir in half the chopped parsley and chives.
7. To serve; Transfer to a serving dish and top with lemon yoghurt, crispy shallots/onions, remaining spring onions and herbs.