



YOU CAN COOK  
AND YOU DO HAVE THE TIME

## Kev's Kitchen

# ROASTED CABBAGE

**Time: 60 minutes**

**Serves: 6**

### Ingredients:

1 head cabbage – cut into 2cm thick slices  
50g grapeseed or other neutral-flavoured oil  
2 cloves garlic – finely crushed or grated  
3g kosher salt  
Few grinds fresh grated black pepper

### Preparation:

Preheat oven to 200C (400F).

Whisk together the oil and garlic. Baste both sides of cabbage slices.

Sprinkle salt and pepper on both sides of cabbage slices.

Place on a parchment lined baking sheet and cook for 25 minutes. Turn over slices and cook for an additional 25 minutes.

Serve immediately.

### Nutritional Information Per Serving:

Calories: 101

Fat: 8g

Carbs: 7g

Fibre: 2g

Protein: 2g