



YOU CAN COOK
AND YOU DO HAVE THE TIME

Kev's Kitchen

GRILLED CABBAGE

Time: 30 minutes

Serves: 6

Ingredients:

1 head green or red cabbage - thinly sliced
1 sweet onion - thinly sliced
5g kosher salt
2 red apples - julienne
50ml quality balsamic vinegar (ideally cinnamon/pear)
Few grinds black pepper

Preparation:

Preheat an outdoor grill on high.

Toss the cabbage, onion and salt in a large bowl.

Add the apple and toss.

Place the mixture in a grilling basket and place on the grill.

Cook, tossing occasionally until the cabbage softens to your liking.

Place the cabbage in a bowl, tossing with the balsamic vinegar and pepper.

Serve immediately.

Nutritional Information Per Serving:

Calories: 94
Fat: 0.3g
Carbs: 23g
Fibre: 5g
Protein: 3g