

Taste is in our nature



Cabbage with bacon and onion

Serves 4-5

Use a hard ball-headed cabbage – green or Dutch cabbage.

Cooking the cabbage in an oven bag in a microwave oven helps to reduce the usual smell of cooked cabbage.

The resulting cabbage is tender and flavoursome.

Use a tight-headed cabbage and remove any tough outside leaves. Cut the cabbage into wedges and remove any tough ribs in the cabbage.

INGREDIENTS:

- 4 cups shredded cabbage
- 1 small brown onion, diced
- salt and freshly ground pepper
- 1 tablespoon butter
- 1 tablespoon chopped parsley
- ½ cup bacon, diced
- 1 oven bag

DIRECTIONS:

Wash the cabbage and shake it free of water.

Place the butter, onion and bacon in the oven bag, place in the microwave and cook on high for 2 minutes.

Add the shredded cabbage to the oven bag and mix the onion and bacon through the cabbage.

Season with salt and pepper.

Fold the top of the oven bag over and cook on high for 3 minutes or until the cabbage is tender.

Tip the cabbage out into a serving dish and stir the parsley through the mixture.

*Tassie cabbages
have loads of
excess
cabbage.*