



ALLERGIES:

No grains
No dairy
No eggs
No gluten
No nuts

Prep time: 5 mins

Cook time: 60 mins

Serves: 4

INGREDIENTS

- ½ large green cabbage
- 1 tbsp crushed garlic
- 1 tsp pink salt
- ½ tsp ground black pepper
- 1 tbsp olive oil
- juice of 1 medium lemon
- 1 tbsp chopped parsley
- 1 tbsp honey
- 1 tsp tumeric ground

METHOD

- Preset oven to 200°C (400°F).
- Cut cabbage into 4 thick slices, cutting from top to bottom. (Remove outer old leaves)
- In a saucepan combine all other ingredients, and bring to the boil, simmer 3 minutes.
- Line baking dish with baking paper and lay cabbage slices on the bottom.
- Pour sauce mixture over cabbage slices.
- Bake in oven until cooked through and starting to brown, about one hour, turning them half way through.
- If getting too brown, reduce oven heat to 150°C or 300°F for remainder of cooking time.
- Serve with fish or meat of your choice.

ROASTED GARLIC CABBAGE

