



BIOSÜDTIROL



## Organic farmer Sissy serves: Savoy cabbage with apple.

Preparation: 25 min

Difficulty: Difficult

### Ingredients (for one pan of savoy cabbage)

- 4 tbsp olive oil
- 4 cloves of garlic
- 230 g water
- 360 g savoy cabbage, without stalk
- 1 apples Red Delicious = 150 g
- 30 g white almond butter
- 1 tbsp nutritional yeast flakes
- Salt
- Freshly ground black pepper
- 2 tbsp chopped parsley
- 1 tsp dried thyme

### Preparation

Peel the garlic and slice it into strips.

Halve the savoy cabbage, remove the stalk, and slice half of it into thin strips. Heat the olive oil in a pan and sauté the



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garlic for 30 seconds over medium heat (setting 4+ on a scale of 1-9). Add the savoy cabbage and sauté for 3 minutes. Add the water, increase the heat to 5+, and cover with a lid. Let it simmer for 15 minutes, stirring occasionally. Add the thyme, season the cabbage with salt, and cook for another 5 minutes. Meanwhile, wash the apple and thinly slice it. Add the apple slices to the cabbage and cook for another 5 minutes or until the vegetables reach the desired consistency.

Add the almond butter and stir. If the pan is too dry, add 60 ml of water so that the almond butter mixes well. Bring to a boil again - the almond butter will thicken slightly. Season with the nutritional yeast flakes and pepper, add the parsley. Serve with roasted potatoes and cheese. I recommend using Taleggio or Gorgonzola.

Serve with a smile!

### **Sissy's suggestion**

Savoy cabbage is a fantastic winter vegetable, rich in fiber and low in calories, so it is filling and contributes to gut health. I prefer to enjoy it simply, cooked in a pan, mixed with roasted potatoes and cheese, polenta, or even on its own as a light dinner.