

Braised Cabbage and Carrots

Prep Time: 10 minutes

Cook: 30 minutes

Serves: 4

Ingredients

Small knob butter

2 carrots, cut into batons

1 Savoy cabbage, cut into 8 wedges attached at the core

100ml chicken stock

Method

Heat the butter in a pan, then add the carrots and sizzle for 1 min until glossy and coated.

Nestle the cabbage wedges snugly in the pan and pour over the stock. Cover with a lid and simmer for 30 mins until the cabbage has wilted and the carrots are tender.