



Braised Purple Cabbage with Apple

Ingredients

- 4 cups of shredded purple cabbage (+- ½ a head)
- 1 grated Granny Smith Apple
- 1 finely sliced onion
- 1 tbsp crushed garlic
- 1 tbsp caraway seeds
- salt and pepper
- 3 tbsp olive oil
- sprig of fresh dill finely chopped

Instructions

- In a big pan, fry off the chopped onion in the olive oil until golden and translucent.
- Add the garlic and gently fry, add a little water if need be to prevent burning.
- Add cabbage and stir fry until softened. Keep stirring.
- Add the grated apple and chopped dill.
- Season with salt and pepper.
- Sprinkle with caraway seeds (great for digestion, bloating and gas)

Purple cabbage is a nutrient dense cruciferous vegetable that has more vitamins and antioxidants than its green sibling. It fights inflammation with the anthocyanins from the vibrant purple colour. 1 cup provides 50% of your daily vitamin C. Very good for detoxifying hormones and gut health. If you eat the rainbow, this vibrant purple colour is essential.