

Braised cabbage with chorizo & creamy mashed potatoes



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Preparation: about 20 minutes
Cooking: about 35 minutes
Serves: 4–6 as side dishes

2 tbs olive oil
2 chorizo sausages, chopped
2 garlic cloves, crushed
½ medium (about 750g) Savoy cabbage,
trimmed and shredded
½ cup dry white wine
½ cup chicken stock
5 thyme sprigs
Salt and ground black pepper

Creamy mashed potatoes

900g Sebago potatoes, peeled and chopped
30g butter
½ cup light cream
Salt and ground black pepper

1. Heat oil in a large non-stick frying pan over medium heat. Add chorizo and cook, stirring often, for 5 minutes. Add garlic and cabbage and cook, stirring often, until cabbage wilts. Add wine and simmer for 2 minutes. Stir in stock and thyme, cover and simmer for 15 minutes until cabbage is tender. Season with salt and pepper to taste.
2. Meanwhile, to make mash, cook potatoes in a saucepan of salted boiling water for 12 minutes until tender. Drain and return potatoes to pan. Mash over heat for 1 minute for potatoes to thoroughly dry. Remove from heat and add butter. Mash until smooth. Using a wooden spoon, beat in cream (if necessary add extra cream or milk to desired consistency). Season with salt and pepper to taste. Serve with cabbage.



Cabbage

- An excellent source of vitamin C, which helps protect the body against infections.
- Provides folate, one of the B group vitamins that is needed by the nervous system and is especially important in the early stages of pregnancy.