

Cabbage & leeks with bacon & pine nuts



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Preparation: about 20 minutes
Cooking: about 15 minutes
Serves: 4 as a side dish

2 tbs olive oil
250g rindless bacon rashers, chopped
2 medium leeks, trimmed, halved lengthways
and finely sliced
2 garlic cloves, chopped
½ medium savoy cabbage, trimmed and shredded*
⅓ cup dry white wine
⅓ cup chicken or vegetable stock
⅓ cup toasted pine nuts
Salt and ground black pepper
¼ cup grated parmesan cheese, to serve

* about 6 cups shredded cabbage is required

1. Heat oil in a large frying pan over medium heat. Add bacon and cook, stirring occasionally, for 5 minutes until golden. Add leeks and garlic and cook, stirring occasionally, for 4-5 minutes until tender.
2. Add cabbage to pan and stir to combine over medium heat. Add wine and cook for 1 minute. Stir in stock, cover and cook for 3-4 minutes until cabbage wilts. Stir through pine nuts and season with salt and pepper to taste. Sprinkle with grated parmesan cheese and serve.



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.