

Gorgeous Braised Red Cabbage

musclefood
Premium nutrition for healthy living

Ingredients:

- 1 x 500g Shredded Red Cabbage
- 3 x Red Onion, Sliced
- 1 x Dessert Apple, Peeled and Sliced
- 100ml Balsamic Vinegar
- Olive Oil



Cooking method

- 1 Drizzle olive oil into a sauce pan and fry the onion for 3 minutes until soft.
- 2 Add the red cabbage and apple and cook for 5 minutes until softened. Once soft add your balsamic vinegar.
- 3 Place the lid on your pan and cook for one hour until all the vegetables are just tender.
- 4 Season to taste and oh my word... you will be weak at the knees!

Who said the festive season had to be unhealthy? Why not make your own traditional braised red cabbage and apple this Christmas.

Serves: 3-5

130
CALORIES

2.54g
PROTEIN

21g
CARBS

4.81g
FAT

3.8g
FIBRE