



Sautéed Cabbage with Spring Violet Garlic.



DIFFICULTY
LOW



TYPE OF CUISINE
MEDITERRANEAN



Nº OF DINERS
4



TYPE OF DISH
MAIN



PREPARATION TIME
30 MINUTES



GARLIC VARIETY
SPRING VIOLET

Ingredients

- 3 cloves of Spring Violet Garlic
- 1 Fresh Cabbage
- 1 Big Carrot
- 1 Zucchini
- 50 gr of Serrano cubes
- Extra Virgin Olive Oil
- Fresh Parsley

Step by Step



1. Peel the Garlic cloves and laminate them finely. Set aside.
2. Slice the Zucchini, cut the slices in strips and finally dice finely. Do the same with the Carrot after peeling it.
3. Remove the outer Cabbage leaves. Then cut the Cabbage in 4 pieces (that is, in half, and each part in half again). That way it will be easier to remove the stem inside, which is the hardest part. Once the stem is removed, cut the Cabbage quarters in julienne strips.
4. Put the laminated garlic and a dash of Oil in a non-stick pan on medium-heat. Just before the garlic turns golden add the Serrano cubes, Carrot, Zucchini and Cabbage.
5. Season the mixture, sauté it until it starts to brown and then remove from the heat.

DISH PRESENTATION:

6. Place a mould on a plate, (it's a squared mould in our case but you may use any you have at home), and put the sautéed vegetables in it.
7. Chop a bit of fresh Parsley and sprinkle it over the moulded vegetables. Place a Parsley leaf on top too.
8. Carefully remove the mould and... it's ready!

TIPS FROM THE CHEF Miguel Ángel Mateos:

- This is a very versatile recipe and we can adapt it to our own taste, since we can use any vegetable combination and the type of deli meat we like, for example: jerky, ham, pastrami...
- In the same way we may change the taste of this dish by using the herbs and/or spices that we like best, such as rosemary, thyme, oregano... We do recommend the use of fresh herbs since they add more flavour.
- Cooking the cabbage softens its flavour, so this dish will please any type of diner.