

# Roasted Savoy Cabbage Steaks

WITH SUSSEX CHARMER, WALNUTS & CHIVES

This lovely contemporary roast cabbage dish comes from food writer and photographer Elizabeth Silver. A regular shopper at Secretts we are delighted that Liz now contributes to our newsletter. A professional Home Economist with an impressive CV we are delighted to have Liz on board. This recipe uses savoy cabbage but you could use any of the tight leaved firm cabbages that are in season. Mix it up with different nuts and cheese.



## Ingredients

- 1 medium sized Savoy cabbage
- 90ml olive or avocado oil
- 2 cloves garlic, crushed
- 2 tsps red bell pepper flakes
- Salt flakes and freshly ground black pepper
- 50g walnut pieces
- Generous handful of freshly chopped chives
- Half a lemon
- 50g Sussex Charmer, Parmesan or mature cheddar cheese, grated

## Method

Pre-heat the oven to Gas 6/ Fan 180°C /200°C

1. Remove any loose outer leaves from the Savoy cabbage. Cut the stalk off at the base.
2. Place the cabbage base side down on a chopping board and cut top to bottom into 1.5 cm thick slices.
3. Place cut slices onto baking parchment lined baking trays leaving space between each slice.
4. Mix together the oil, garlic, pepper flakes and seasoning in a bowl.
5. Brush each cabbage slice with some of this mixture. Flip the slices and brush the top of each slice reserving a little of the oil mix to use at the end of cooking.
6. Roast in the oven for about 20-25 minutes until golden and tender. Don't worry about crispy edges, these are part of the deliciousness of the final dish.
7. Sprinkle over the walnut pieces and brush with the remaining oil mix. Squeeze over the lemon juice, sprinkle with the cut chives and grated cheese and return to the oven for a further 5-10 minutes until the cheese has melted.