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Spiced Red Cabbage & Apple



Ingredients

8oz red cabbage
1 medium apple
1oz butter
2 tsp oil
1 onion chopped
2 cloves garlic chopped
¼ tsp ground cloves
¼ tsp cinnamon
small grating of nutmeg
1 tsp brown sugar
1 tbsp red wine vinegar
salt and pepper

Preparation

1. Shred the cabbage quite finely
2. Chop the apple quite small leave the skin on
3. melt the butter and oil over a medium heat
4. then stir in the onion and cook it for 2-3 minutes add the apple and garlic. Sauté this 3 minutes
5. then turn the heat up to high
6. add the cabbage and stir-fry keep stirring
7. after it shrinks a bit
8. add in the spices and continue cooking for 10 minutes
9. once its tender
10. add in the sugar and vinegar.

Cooks Note