

goodFOOD

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EXCLUSIVE RECIPE

Charred cabbage wedges with romesco & crispy shallots

SERVES 2 as a main or 4 as a side **PREP** 10 mins
COOK 35 mins **EASY** V

Add a torn ball of burrata for an extra special treat. Use shop-bought crispy onions if you're short on time, but these mini onion rings turn this simple dish into a restaurant-style starter or side. Perfect with steak, roast chicken or as a sharing dish with other small plates. Anna Glover

1 hispi (sweetheart) cabbage, cut into quarters through the core
1 tbsp olive oil, plus more for shallow frying
1 long shallot, cut into thin rounds and separated into rings
1 tbsp plain flour
1 lemon, zested
handful of basil leaves

For the romesco

50g whole almonds
200g roasted red peppers from a jar, drained
1 large garlic clove
1 tbsp sherry vinegar
3 tbsp extra virgin olive oil
½ tsp smoked paprika

1 Heat a large frying pan over a high heat. Heat the oven to 200C/180C fan/gas 6 or air fryer to 180C. Brush the cut sides of the cabbage with olive oil, and char in the pan, on both cut sides for 4-6 mins until dark golden. Transfer to a tray, or straight into the air fryer, cut-side up, season and roast for 20-25 mins until the cabbage is tender all the way through – check the core with a cutlery knife, it should slide in easily.

2 Meanwhile, heat 1cm oil in another frying pan over a medium-high heat. Toss the shallot slices in the flour and season. Lower into the oil, in batches, and cook for 3-4 mins until golden brown and crisp. Strain, and leave to drain on kitchen paper while you fry the rest. Season with salt once cooked.

3 Toast the almonds on a baking tray in the oven under the cabbage, or in a dry frying pan, until golden and smelling toasted. Tip into a food processor with the remaining romesco ingredients and whizz to a spoonable sauce. Season and taste, adding more vinegar, oil, or paprika if you like. Add a splash of water if needed, to make the romesco spoonable.

4 Put the charred cabbage wedges on a platter or plates. Spoon over the romesco, then top with the crispy onions. Scatter over the lemon zest and basil leaves, and an extra drizzle of extra virgin olive oil to serve.

GOOD TO KNOW healthy • folate • fibre • vit c • 2 of 5-a-day

PER SERVING (4) 297 kcals • fat 22g • saturates 3g • carbs 14g • sugars 2g • fibre 7g • protein 7g • salt 0.71g