

## **POTATOES WITH CABBAGE SAUCE**

Gluten Free Dairy Free Low Chemical

Serves 4

### **Ingredients:**

2 large white potatoes  
2 cups chopped purple cabbage  
2 cups chopped white cabbage  
10 cm of leek  
2 cloves garlic  
¼ cup parsley chopped  
¾ cup water  
1 Tbsp rice bran oil  
4 tsp Nuttelex, optional  
Salt to taste



### **Dressing:**

1 Tbsp rice bran oil  
1 Tbsp pure golden syrup  
1 Tbsp water  
1 Tbsp cashew paste

### **Method:**

Preheat the oven to 180°C

- Wash the potato, keep the skin on and cut each in half length-ways
- Wrap each half in alfoil and cook in the oven for 50-60 minutes
- Insert a sharp knife to test for softness
- Then thinly slice the cabbage, leek, garlic and parsley
- On the stove, in a pan with a lid, fry the vegetable mixture for 2 minutes, then add the water, salt and the lid, and simmer for 15 minutes. Stir periodically
- Prepare the dressing.
- Combine the dressing ingredients and stir well until combined
- When the potatoes are cooked through, take a fork and gently scrape the potato flesh to loosen it in the skin. Add 1 tsp of Nuttelex to each potato if desired.
- Add the dressing to the cabbage mixture and toss to combine
- Place each potato on a plate and spread over the top of each, an even amount of cabbage
- Serve
- Do not eat the skin if following a low salicylate diet, but its OK to eat on a moderate or less strict salicylate intake.
- Eat potatoes by themselves for a lunch or serve with meat and other vegetables for dinner

