



## PREP TIME:

5 minutes

## COOK TIME:

35 minutes

# ROASTED BRAISED CABBAGE

By Chef Ali



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## Ingredients

- 2 Tbsp. olive oil
- 1 ½ lbs. green cabbage
- 4 cloves of garlic
- 1 piece of ginger, peeled and finely chopped
- 2 tsp. tomato paste
- 1 tsp. turmeric
- 1 can chickpeas, drained and rinsed
- 1 can low fat coconut milk
- 1 red pepper, thinly sliced
- 1 lime, juiced
- 1 bunch of freshly chopped cilantro
- 1 lb. chicken breast



## Directions

1. Chop garlic, ginger, cilantro, and slice pepper.
2. Preheat a large skillet over medium-high heat for 1 minute, then add 1 Tbsp. olive oil.
3. Spread out cabbage onto skillet and cook, occasionally turn until deeply golden brown (3 to 4 minutes per side) and transfer cabbage to plate.
4. In the same skillet over medium heat, add 1 Tbsp. of olive oil, garlic, ginger, tomato paste, chickpeas, and pepper. Cook for 1 minute or until fragrant and stir often.
5. Add coconut milk, turmeric, cilantro salt and pepper. Then mix in cabbage and bring to a simmer. Top with lime juice.
6. Cover and cook until cabbage is very tender, approximately 20 minutes.
7. Preheat oven to 425°F and season chicken with desired spices. Cook for 25 minutes, or until internal temperature reaches 165°F.
8. Plate Cabbage - top with cilantro and 4 ounces of chicken breast.

## Kitchen Items

- stove top
- large skillet
- measuring cups and spoons
- kid safe knife
- cutting board
- large pan

# GROCERY LIST

## Fruits & Vegetables

☐ Green Cabbage

☐ Red Pepper

☐ Tomato

☐ Garlic

☐ Ginger

☐ Lime

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## Dairy & Eggs

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## Meats & Seafood

☐ Chicken Breast

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## Pantry Items

☐ Olive oil

☐ Tomato paste

☐ Canned coconut milk

☐ Turmeric

☐ Canned chickpeas

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