



# Cavolo Nero with Caraway Seeds

## Seasonal dish

Cavolo Nero is a type of Kale with a slightly bitter tang and then a sweet after taste, it is in season right now and you will find it in the supermarkets and on market stalls. I bought some last week which is grown in Lancashire, so really local and full of nutrients.

If you find spring greens and cabbage a bit dull then this is a really good way to quickly make them more interesting

## At a glance

Easy  
Preparation 5 minutes  
Cooking time 5 minutes  
Serves 2



## Ingredients

1tbsp Butter or Olive Oil to fry  
1 Cavolo Nero  
1 Clove Garlic  
1 Shallot or ½ small onion  
Sprinkle of Caraway seeds (if you don't like these you can use any seeds e.g. sesame)  
Salt and Black Pepper to taste



## Method

Break the cabbage into individual leaves and very coarsely chop

Briefly steam or \*blanch the leaves quickly for no more than 1 minute, they should be just starting to wilt and retain their bright green colour. \*Refresh see Aud's tip below

Finely dice the Shallot and crush the Garlic

Heat the butter or oil in a frying pan and gently fry the Shallot and Garlic until soft but with little colour, then throw in a generous sprinkle of Caraway seeds, continue to fry for 2 minutes to release the flavour from the seeds.

Now throw in the refreshed cabbage, season to taste and toss everything in the pan for 2 minutes until the Spring Cabbage is heated through, be careful not to overcook or you will spoil the nice fresh taste of the dish.

Serve immediately.

### Aud's Tip



\*A really handy tip to keeping almost all vegetables crisp when cooking is to blanch them in boiling water, this just means to scald them in boiling water quickly and then refresh in really cold water to halt the cooking process, you can then drain and keep the vegetables in the fridge until you want to reheat them.