



# Garlic & Ginger Buttery Sweetheart Cabbage with Toasted Almonds

Special Sides 20 Minutes • 3 of your 5 a day • Veggie

7A

Find all your unchilled Market items in bag A.



Sweetheart Cabbage



Garlic Clove



Unsalted Butter



Mustard Seeds



Roasted Spice and Herb Blend



Ginger Puree



Toasted Flaked Almonds

**Pantry Items**  
Salt, Pepper

## Before you start

Our fruit and veg need a little wash before you use them!  
Wash your hands before and after prep.

## Cooking tools

Garlic press and frying pan.

## Ingredients

Ingredients	Quantity
Sweetheart Cabbage**	1
Garlic Clove**	2
Unsalted Butter** 7)	30g
Mustard Seeds 9)	3 sachets
Roasted Spice and Herb Blend	1 sachet
Ginger Puree	15g
Toasted Flaked Almonds 2)	15g

\*Not Included \*\*Store in the Fridge

## Nutrition

Typical Values for uncooked ingredient	Per serving	Per 100g
Energy (kJ/kcal)	297g 1309/313	100g 441/105
Fat (g)	20.1	6.8
Sat. Fat (g)	8.8	3.0
Carbohydrate (g)	17.5	5.9
Sugars (g)	11.8	4.0
Protein (g)	10.2	3.4
Salt (g)	0.63	0.21

Nutrition for uncooked ingredients based on 2 person recipe.  
Reference Intake of an average adult (8400kJ/2000kcal).

## Allergens

2) Nuts 7) Milk 9) Mustard

Always remember to check your ingredient packaging for the most up to date information on allergens and traces of allergens. Boxes are packed in facilities that handle peanut, nut, sesame, fish, crustaceans, milk, egg, mustard, celery, soya, gluten and sulphites.

Use separate equipment to handle raw and cooked meat (or wash between uses). Missing or replaced ingredients, as well as any recipe step changes, will be communicated where possible via email.

## Contact

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The Fresh Farm

60 Worship St, London EC2A 2EZ

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1



2



3



## Get Prepped

- Halve the **cabbage** lengthways, cut out and discard the tough core, then finely slice widthways.
- Peel and grate the **garlic** (or use a garlic press).

## Fry the Cabbage

- Melt the **butter** in a large frying pan on medium-high heat. Once melted, add the **mustard seeds** and stir-fry, 30 secs.
- Add the **cabbage** and season with **salt** and **pepper**. Fry until softened and slightly charred, 4-5 mins. Only stir 2-3 times during this time to allow it to colour nicely.
- Add the **roasted spice and herb blend**, **garlic** and **ginger puree** to the **cabbage**. Cook, stirring occasionally, for 1-2 mins, then remove from the heat.

## Finish and Serve

- Stir through **half** the **toasted flaked almonds**. Taste and season with **salt** and **pepper** if needed.
- Add to a serving dish, then sprinkle over the remaining **almonds** to finish.

Enjoy!