

## Savoy Cabbage with Caraway

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I think my long-standing opinion of caraway seeds may have been (dis)coloured by Kümmel, a caraway flavoured liqueur, or possible Seed Cake from a grandmother or two. Given that I like most things alcoholic, you can definitely keep the Kümmel.

However, recently I dragged up a distant memory of using caraway seeds with cabbage and, Savoy Cabbage being my favourite cabbage, whilst being simplicity itself, this recipe actually worked quite nicely. I served it alongside good ol' Beef Goulash since reducing my carbohydrate intake was making me avoid the noodles that I'd kill for.

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### Planning

serves:	2
prep time:	5 mins
cooking time:	10 mins

### Ingredients

½ large Savoy Cabbage,  
trimmed & shredded  
olive oil  
1 banana shallot, halved &  
sliced  
2 tsp caraway seeds

### Method

Boil the cabbage in salted water for 3 mins until tender, then drain.

Heat a tablespoon of oil in a frying pan over moderate heat and add the shallot. Cook for 2-3 mins until starting to soften. Mix in the caraway seeds and cook for a further 2 mins until fragrant. Stir in the cabbage and heat through.