



CABBAGE, KALE AND PUMPKIN GRATIN

Season:	Winter, spring
From the garden:	Cabbage, kale, parsley, pumpkin
Type:	Side or main
Difficulty:	Easy
Country of origin:	France
Serves:	6-8 serves
Source:	dish.co.nz

Equipment

- *chopping board and knives
- *bowls
- *measuring cups and spoons
- *grater
- *frying pan and wooden spoon
- *baking dish
- *colander
- *jug

Ingredients

- *1 small green cabbage
- *a big handful of kale
- *800 grams pumpkin
- *bunch of parsley
- *2 red onion
- *3 garlic cloves
- *2 tsp cumin seeds
- *1 cup cream
- * $\frac{1}{3}$ cup sunflower seeds
- *2 tbsp mustard
- *100 g cheese
- *1 tsp salt and pepper to taste
- *oil for frying

Method

- 1.preheat the oven to 200 degrees

2. cut pumpkin into wedges and peel, then cut into 2 by 2cm cubes. (microwave pumpkin wedges for a few minutes to soften them, which makes cutting and peeling a lot easier)
3. cut the cabbage into quarters and remove the thick stalk, then slice thickly
4. wash kale and remove the thick stalk from the middle and tear kale into bite sized pieces
5. peel and chop the onion and garlic
6. grate the cheese and chop the parsley
7. heat a little oil in a frying pan and fry the onion, garlic and cumin seeds for a few minutes
8. add the cabbage and cook for a bit longer until cabbage has softened
9. add the cream, mustard, salt and pepper to the jug and mix
10. transfer the cabbage, pumpkin, parsley and kale into the baking dish and pour the cream mixture over the vegetables
12. sprinkle the cheese and sunflower seeds on top
13. place into the oven and bake for around 30 minutes till golden brown

Notes: Serve as a side or as a main with a salad

Skills: *measuring, chopping, grating, peeling, slicing*