



CABBAGE PATTIES WITH A GARLIC AND HERB SAUCE

Season: Winter, spring
From the garden: Cabbage, carrots, parsley, chives, sorrel, eggs
Type: Dinner
Difficulty: Moderate
Country of origin:
Serves: 5 serves or 25 tastes
Source: healthytasteoflife.com

Equipment

- *chopping board and knife
- *food processor
- *box grater
- *bowls
- *mixing spoon
- *measuring cup and spoons
- *baking tray
- *frying pan

Ingredients

- *1 small green cabbage
- *2 small-medium carrots
- *3 eggs
- * $\frac{1}{2}$ cup of flour
- * $\frac{3}{4}$ cup grated cheese
- *1 red onion
- *1 tsp salt
- *1 tsp paprika powder
- *1 tsp cumin
- *black pepper to taste
- *1 tbsp oil
- *****
- *a big bunch of kale
- *1 tbsp oil
- *a pinch of salt
- *****
- * $\frac{1}{2}$ cup sour cream
- * $\frac{1}{2}$ cup mayonnaise

***2 garlic cloves**

***handful of mixed herbs**

***salt and pepper to taste**

Method:

1.preheat the oven to 200 degrees

2.wash the vegetables and cut the cabbage into quarters. Remove the core and either shred it very finely with a knife or use a food processor

3.place the shredded cabbage into a large bowl and add 1 tsp of salt. Use your hands to mix and knead the cabbage to soften it

4.grate the carrot and cheese and chop the onion finely

5.mix all the ingredients for the patties in a large bowl and using your hands, shape little, flat patties and place them on a lined baking tray

6.bake the patties for around 20 minutes until browned. Turn the heat up towards the end if they still look a bit pale

7.for the sauce, add all the ingredients into the food processor bowl and process until smooth

Note: The patties can also be cooked in a frying pan

Skills: *measuring, chopping, grating, using a food processor*