

# Cabbage

## Available

All year round.

## Buy

Firm and heavy heads with even colour and crisp outer leaves.

## Store

In plastic bags in the fridge.



## Prepare



Cut in half.



Quarter and remove core.



Finely slice.



Chop roughly.

## Cook

Can be:



Steamed



Simmered



Stir-fried



Coleslaw



# Chicken drumsticks with coleslaw

(serves 4)

## Ingredients

8 chicken drumsticks, skin removed  
3 tablespoons tomato sauce  
1 ½ tablespoons vinegar  
1 tablespoon oil  
½ cup water  
4 potatoes, washed and cut into wedges  
2 tablespoons oil  
¼ cabbage, shredded  
2 carrots, grated  
½ apple, grated  
2 tablespoons vinegar  
3 tablespoons oil

## Method



Heat oven to 200°C. Mix drumsticks with tomato sauce, vinegar and oil.



Place in a baking dish and pour water into dish. Bake for 30 minutes or until chicken is thoroughly cooked.



Place potatoes on a baking tray and mix with oil. Bake for 25 - 30 minutes or until crispy and golden brown.



To make coleslaw, mix together the cabbage, carrot, apple, vinegar and oil.

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