

EAT THEM
TO DEFEAT THEM



Creepy cabbage
& garlic stir fry

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Creepy cabbage & garlic stir fry

INGREDIENTS

- ½ cabbage
- 3 cloves garlic
- sea salt
- sunflower or olive oil
- freshly ground black pepper



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METHOD

1. Remove and discard the outer leaves from the cabbage and cut the leaves into large pieces.
2. Pound the garlic in a mortar and pestle with a large pinch of salt until coarsely ground.
3. Heat a frying pan or wok until very hot, add a generous amount of oil and heat until almost smoking.

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4. Add the garlic to the pan, then immediately add the cabbage and stir-fry it, moving the pan contents constantly to prevent the garlic from burning.
5. Cook, adding extra oil as necessary, over high heat until the cabbage is warmed through, hot but still crunchy.
6. Transfer to a large serving platter and sprinkle generously with freshly ground black pepper.



Cabbage fried and defeated!!
So simple but delicious!



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