

4 DELICIOUS RED CABBAGE RECIPES

Tangy Chicken Crunch Tacos

Ingredients

For the Braised Red Cabbage

1 tbsp butter
½ medium onion, finely sliced
500g red cabbage, about 3-4 cups thinly sliced
1 medium green apple, grated
1-2tbsp brown sugar
¼ - 1/3 cup apple cider vinegar
¼ - ½ cup water
½ tsp salt

For the Chicken Tacos

3-4 chicken breasts, skinless
1 Knorr Chicken Stock Pot
1 cup hot water
8 – 10 taco shells
Braised red cabbage
1 avocado
Lime wedges
Mayonnaise
Coriander, for the garnish

Serves: 8-10 tacos

Recipe

For the Braised Red Cabbage

1. Over a medium-low heat in a large pan, melt the butter.
2. Sauté the onion in the butter until translucent & soft, 5 minutes.
3. Add the cabbage, apple, sugar, apple cider vinegar, ¼ cup water and salt. Cover and allow to cook on a medium heat for 20 – 30 minutes, stirring occasionally.
4. Allow to cook until the cabbage is very tender. If the pot starts to dry up, add another ¼ cup water.
5. Adjust the seasoning if necessary and allow to cool.

A decorative border of various food icons in a simple, hand-drawn style, including items like cheese, a fork, a pizza slice, a taco, a burger, a lemon, a mushroom, and a knife, arranged around the perimeter of the page.

For the Chicken Tacos

1. the chicken breasts to a large saucepan.
2. Combine Knorr Chicken Stock Pot and the water and pour over the chicken breast. Bring to the boil, cover and allow to simmer for 15-20 minutes on a low heat until cooked through.
3. Allow to cool in the liquid. Shred the chicken and mix together with sauce. Season to taste.
4. Fill the crispy taco shells with shredded chicken and braised red cabbage.
5. Slice the avocado thinly and add onto the tacos.
6. Top with a squeeze of fresh lime wedge and season to taste.
7. Garnish the tacos with mayonnaise and fresh coriander.
8. Serve with extra lime wedges and ENJOY!

Sweet & Sour Pork Burgers

Ingredients

For the Braised Red Cabbage

1 tbsp butter
½ medium onion, finely sliced
500 g red cabbage, about 3-4 cups thinly sliced cabbage
1 medium green apple, grated
1-2tbsp brown sugar
¼ - 1/3 cup apple cider vinegar
¼ - ½ cup water
½ tsp salt

For the Pork Burger

4 seeded burger buns
4 pork burger patties
2-4 tbsp Knorr Monkeygland Sauce
1 cup hot water
Mayonnaise
Washed & dried lettuce leaves
Braised red cabbage
4 pineapple rings
Makes: 4 burgers

Method:

For the Braised Red Cabbage

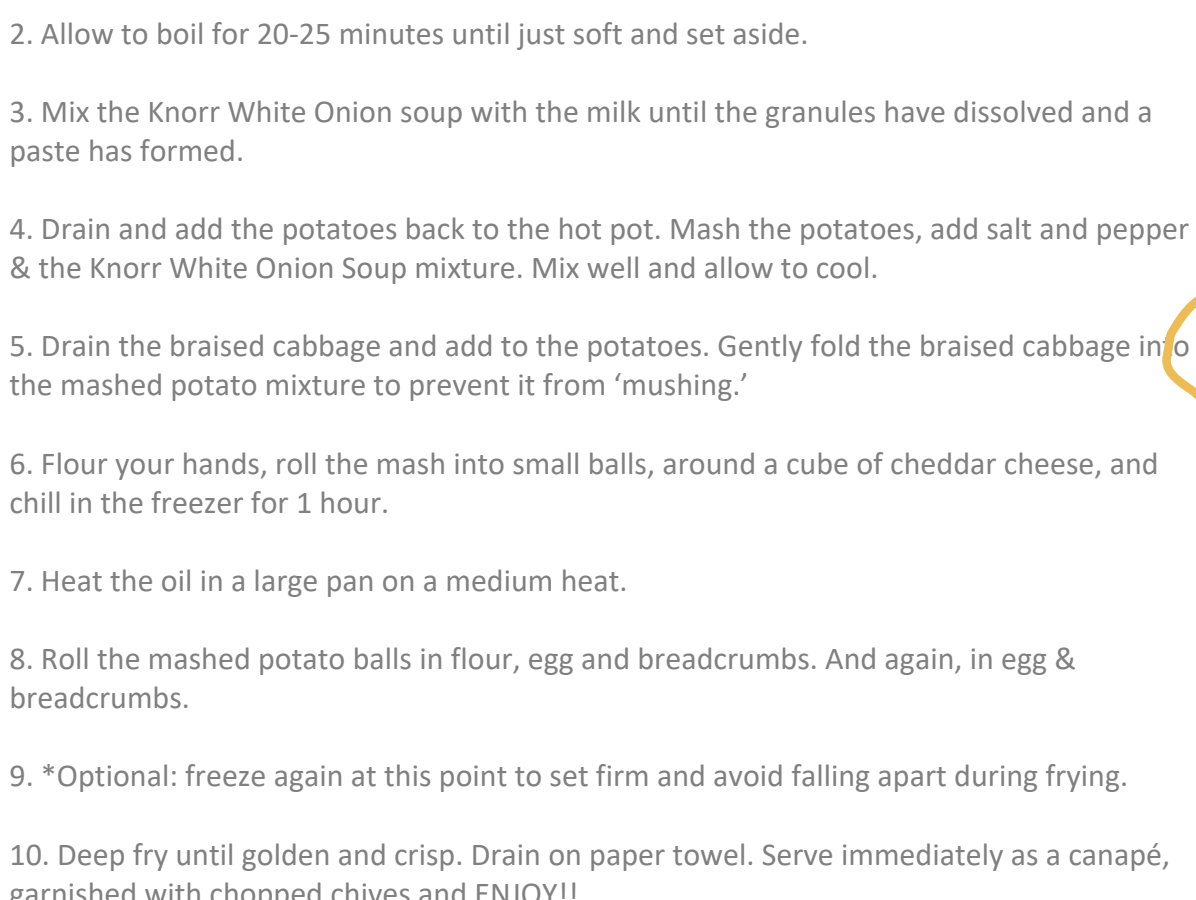
1. Over a medium-low heat in a large pan, melt the butter.
2. Sauté the onion in the butter until translucent & soft, 5 minutes.
3. Add the cabbage, apple, sugar, apple cider vinegar, ¼ cup water and salt. Cover and allow to cook on a medium heat for 20 – 30 minutes, stirring occasionally.
4. Allow to cook until the cabbage is very tender. If the pot starts to dry up, add another ¼ cup water.
5. Adjust the seasoning if necessary and allow to cool.

For the Pork Burger

1. Heat a large griddle pan on a high heat.



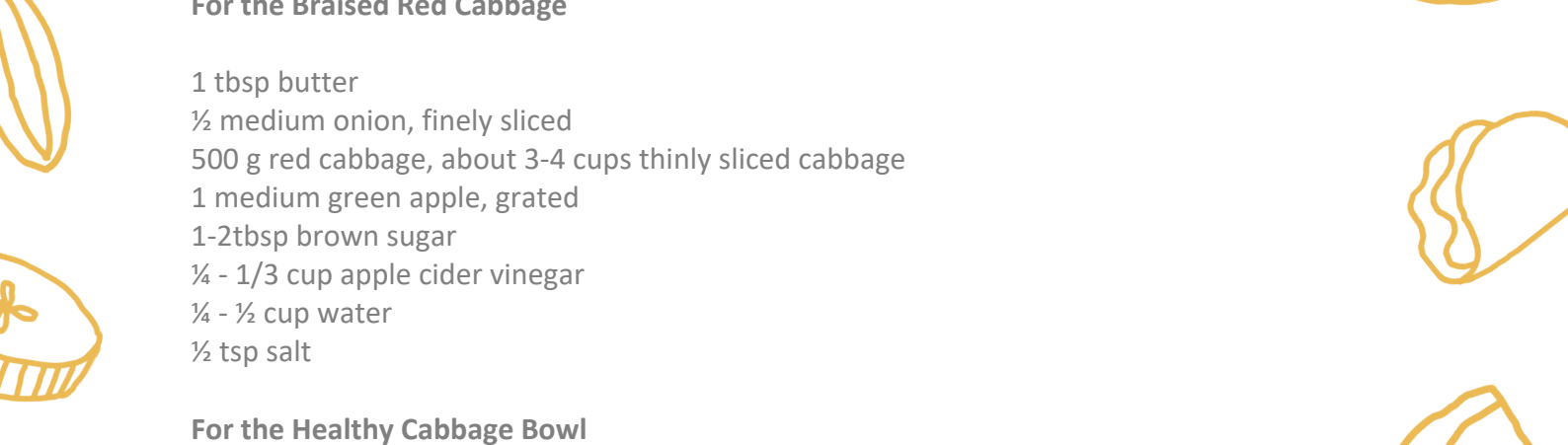
For the Mashed Potato Balls

1. In a medium pot, cover the potatoes with salted water and bring to the boil.
 2. Allow to boil for 20-25 minutes until just soft and set aside.
 3. Mix the Knorr White Onion soup with the milk until the granules have dissolved and a paste has formed.
 4. Drain and add the potatoes back to the hot pot. Mash the potatoes, add salt and pepper & the Knorr White Onion Soup mixture. Mix well and allow to cool.
 5. Drain the braised cabbage and add to the potatoes. Gently fold the braised cabbage into the mashed potato mixture to prevent it from 'mushing.'
 6. Flour your hands, roll the mash into small balls, around a cube of cheddar cheese, and chill in the freezer for 1 hour.
 7. Heat the oil in a large pan on a medium heat.
 8. Roll the mashed potato balls in flour, egg and breadcrumbs. And again, in egg & breadcrumbs.
 9. *Optional: freeze again at this point to set firm and avoid falling apart during frying.
 10. Deep fry until golden and crisp. Drain on paper towel. Serve immediately as a canapé, garnished with chopped chives and ENJOY!!
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Healthy Rainbow Salad Bowl

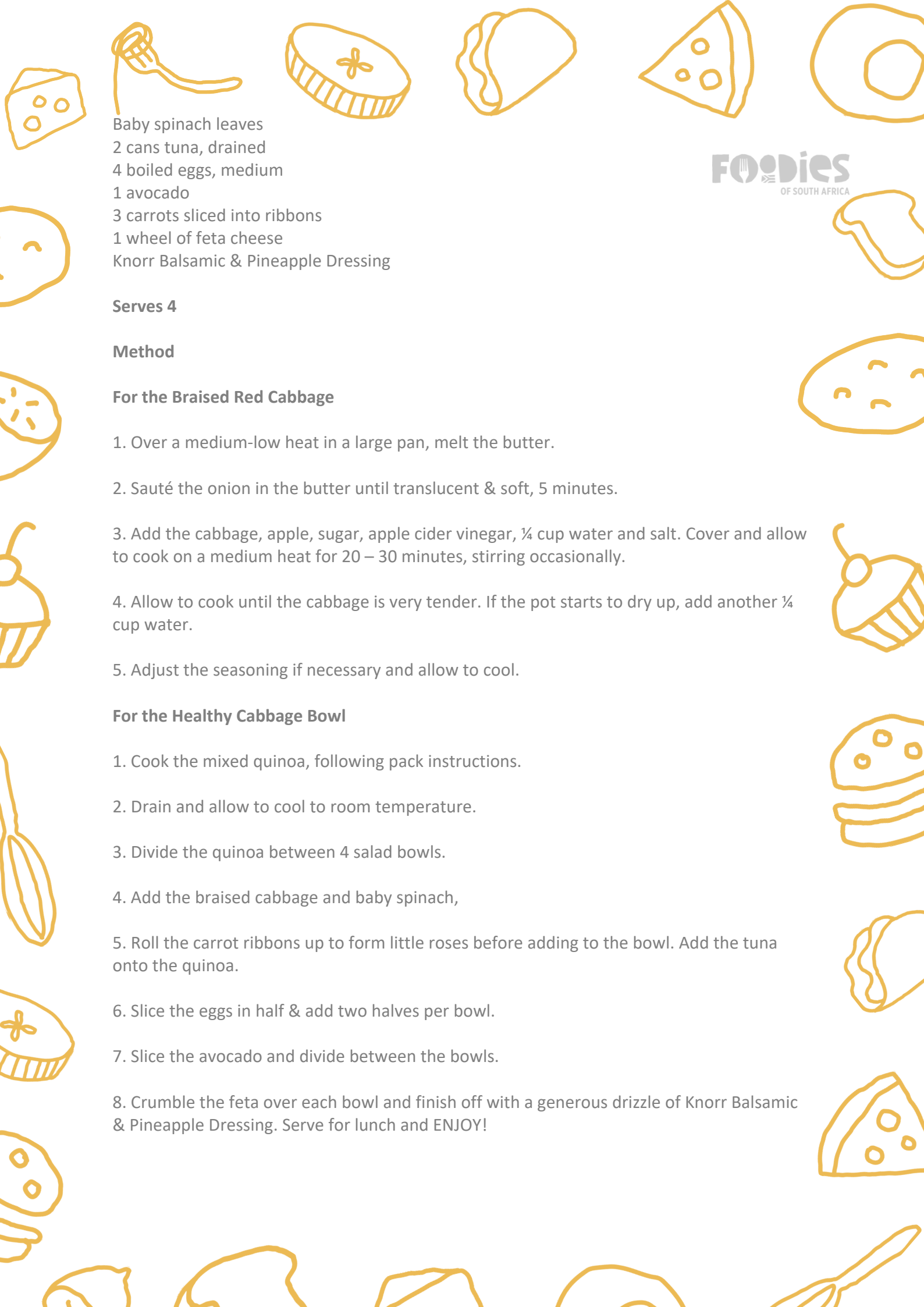
Ingredients

For the Braised Red Cabbage

- 1 tbsp butter
 - ½ medium onion, finely sliced
 - 500 g red cabbage, about 3-4 cups thinly sliced cabbage
 - 1 medium green apple, grated
 - 1-2tbsp brown sugar
 - ¼ - 1/3 cup apple cider vinegar
 - ¼ - ½ cup water
 - ½ tsp salt
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For the Healthy Cabbage Bowl

- 1 cup mixed quinoa, uncooked
 - Braised red cabbage
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FOODIES
OF SOUTH AFRICA

1. Cook the mixed quinoa, following pack instructions.
2. Drain and allow to cool to room temperature.
3. Divide the quinoa between 4 salad bowls.
4. Add the braised cabbage and baby spinach,
5. Roll the carrot ribbons up to form little roses before adding to the bowl. Add the tuna onto the quinoa.
6. Slice the eggs in half & add two halves per bowl.
7. Slice the avocado and divide between the bowls.
8. Crumble the feta over each bowl and finish off with a generous drizzle of Knorr Balsamic & Pineapple Dressing. Serve for lunch and ENJOY!

