

Fruit & Vege Co-op



Cabbage

STORAGE	PREPARATION
<ul style="list-style-type: none">- Refrigerate in vegetable drawer	<ul style="list-style-type: none">- Remove tough outer leaves and cut cabbage into quarters. Cut out the thick core of each- Rinse cabbage quarters well and slice thinly
ADD FLAVOUR	VEGE UP
<ul style="list-style-type: none">- Stir fry in a little oil and garlic, add one apple, sliced or grated- Cook in a frying pan with a can of crushed pineapple (including juice)	<ul style="list-style-type: none">- Add cabbage to stir fry's (near the end of cooking)- Add to vegetable soups, salads and stews
COOKING	
<ul style="list-style-type: none">- Boil in a covered pot of water for 2-3 minutes or until just tender and slightly crunchy- Steam over boiling water for 4 minutes or until just tender- Microwave on high for 2 minutes in a covered container with a little water	

RECIPE: Pisupo (Corned Beef Stir-fry)

Source: Recipe from Heart Foundation website

- 1 can Corned beef (340g)
- 1 large Onion, sliced
- 1 Zucchini, Sliced
- 1 cup frozen beans
- 4 cups Cabbage
- 4 Tomatoes, cut into wedges
- ½ cup Water
- Pepper (to taste)



Fact: Cabbage is high in vitamin C which helps fight against winter bugs.

1. Immerse the can of corned beef in boiling water for 5 minutes to melt the fat. Open the can and drain off the fat.
2. Heat a large saucepan or frying pan, add the corned beef and onion and stir-fry for 5 minutes.
3. Add the zucchini, beans, cabbage, tomato and water. Simmer for 5-10 minutes or until the vegetables are cooked, stirring frequently. Add more water if required to prevent sticking.
4. Season with pepper and serve.
5. Serve with rice, taro or boiled green bananas.

Variations:

- Replace zucchini and beans with frozen or seasonal vegetables of your choice

All recipes are available on our website by visiting www.rph.org.nz > Nutrition > Fruit and Vege Co-op

