

Creamy Cabbage & Corn Bake

If there is one side dish in this book I would urge you to make, it's this one. This ticks all of my boxes – an exciting way to serve cabbage, a hit of creaminess and a glorious hint of spice. This dish was licked clean when I cooked it and I am sure it will garner the same response from you. It is pretty low-effort and, once the cabbage is charred, the rest comes together with ease.

Serves: 6 | Total time: 1 hour

½ head green cabbage,
or 3 heads green
baby cabbage
2 Tbsp olive oil
½ tsp each salt and pepper
3 whole mealies, halved

For the sauce

1 x 400ml tin coconut cream
½ tsp ground turmeric
½ tsp salt
½ tsp black pepper
½ tsp dried chilli flakes
1 Tbsp minced garlic
¼ cup grated cheddar cheese
60g butter, cubed
¼ cup breadcrumbs

Heat a nonstick pan over medium heat. Slice the cabbage into quarters. If using baby cabbage, slice them in half. Rub the olive oil over each cut side of the cabbage and sprinkle over the salt and pepper. Place the cabbage in the pan and fry for 5 minutes on each side, until charred and softened, and the cabbage releases a nutty aroma. This should take about 15–20 minutes if using large cabbage, and 10 minutes if using baby cabbage.

In the meantime, boil the mealies in a pot of salted water for 15–20 minutes, or until the kernels have softened. At this point, preheat the oven to 180°C.

Place the charred cabbage and the cooked mealies in a large-enough baking dish, about 30 x 20cm should do.

To make the sauce, in a small bowl, combine the coconut cream with the turmeric, salt, pepper, chilli flakes, garlic and cheese, and mix well to combine. Pour the mixture over the veggies. Sprinkle over the cubed butter and breadcrumbs, and bake for 35–40 minutes, until the sauce has reduced slightly and the breadcrumbs are golden. Serve immediately.

NOTES

Any leftovers of this dish will keep exceptionally well for up to 2 days in the fridge.

The sauce will thicken as it stands, but it will still be gloriously smooth and velvety.

You can also add some fresh cauliflower florets or pre-boiled butternut, if you have any lying about. If you do add more veggies, add a few extra tablespoons of water or coconut milk to the sauce.

