



Roasted Garlic Cabbage

Visual Recipe
by DAREBEE
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	SMALL	MEDIUM	LARGE
cabbage	1/3	1/2	1
olive oil	1/2 tbsp	1 tbsp	1 1/2 tbsp
garlic powder	1 tsp	2 tsps	3 tsps

LEVEL UP! Add a dressing: 15g parsley, 1 tbsp water and 1 tbsp olive oil. Add almonds.

INSTRUCTIONS

1. Cut cabbage across and then cut into "steaks", as illustrated. Place the "steaks" on top of a baking tray lined with baking paper. Mix olive oil with garlic powder and coat the top of the cabbage. Season for taste.

2. Preheat the oven to 400°F (200°C). Roast the cabbage for 20 minutes or until it becomes soft and cooked through. Remove any burned leaves.

3. Transfer to a plate.

4. Make the dressing, if using, by blending parsley with water and olive oil, and pour it over the cabbage. Garnish with cut almonds.

