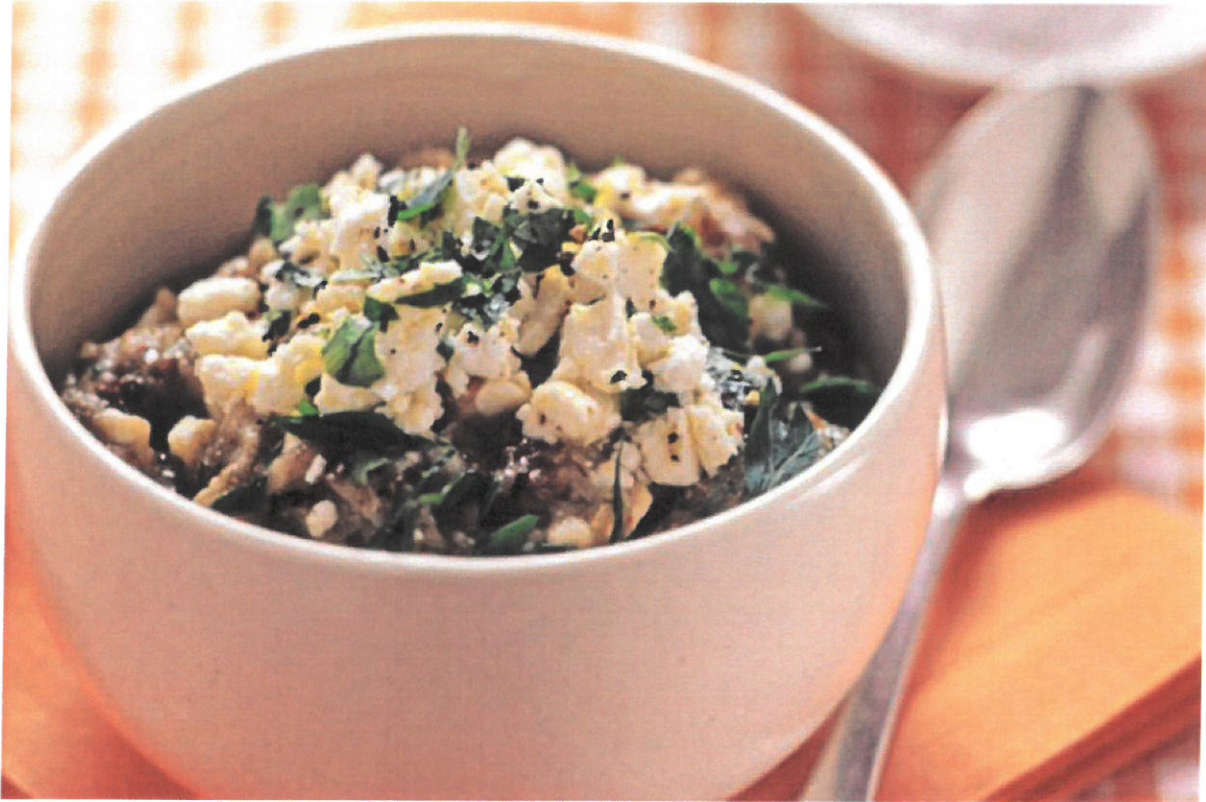


Braised red cabbage and apples



Ingredients:

- 1 Granny Smith apple
- 1 tablespoon butter
- 1 tablespoon olive oil
- 1/2 small red cabbage, finely shredded
- 1/4 cup apple juice

Method:

- 1) Cut apple into quarters. Remove core. Thinly slice.
- 2) Heat butter and oil in a large non-stick frying pan over medium heat. Add apple. Cook, turning often, for 3 to 4 minutes or until light golden. Remove to a plate.
- 3) Add cabbage and juice to frying pan. Stir to combine. Cook for 3 minutes, tossing, or until cabbage is just wilted. Stir through apples. Season with salt and pepper. Serve.