

Spicy roast cabbage wedges

Servings: 8

Per serving: Total Carbs 4.4g Net carbs 2.8g Fats 7.3g Protein 1g Calories: 82kcal

Ingredients

1/2 tsp salt

1/4 tsp black pepper

1 teaspoon onion powder

1 teaspoon of garlic powder

1 tbsp dried oregano

1/2 tsp ground cumin

4 tbsp olive oil

2 tablespoons of Sweet Baby Rae's Buffalo sauce or one of the Nando's sauces

½ cabbage (cut into 8 wedges)

½ handful parsley (finely chopped)

Fresh oregano (optional)

Instructions

Preheat your oven to 200°C

Combine all the ingredients except the cabbage wedges, parsley and oregano in a bowl.

Mix the cabbage wedges through the dressing in the bowl and pop them onto a baking tray, reserving whatever dressing is left in the bowl.

Cover the tray with foil and roast for 40 minutes, then take off the foil and pop them back for another 15 minutes to get crispy and brown.

Remove from the heat, brush generously with the leftover dressing. Sprinkle over the parsley and chopped fresh oregano to garnish and serve.