



This is a fab and underused vegetable which can make a beautiful festive side dish!

- **1 red cabbage, cored and shredded**
 - **Butter to finish (optional but a nice touch for Christmas!)**
 - **Olive Oil for cooking**
 - **1 red onion, finely chopped**
 - **1 cinnamon stick**
 - **¼ tsp ground nutmeg**
 - **¼ tsp mixed spice or all spice**
 - **1 eating apple (my fav is Pink Lady)**
 - **3 tbsp coconut sugar**
 - **50ml balsamic vinegar**
 - **100ml red wine**
 - **3 tbsp fresh cranberries (use cranberry sauce if you can't get your hands on fresh)**
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- Melt the butter in a large pan over a medium heat. Add the onion and cook for 3-4 minutes, then stir in the spices and cook for one minute.
 - Tip in the cabbage and cook for 5-6 minutes until shiny. Add the apple, sugar, vinegar and wine, then reduce the heat to low. Stir well, cover and cook for 40 minutes, stirring occasionally so it doesn't stick.
 - Stir in the cranberries, season well and cook for another 25 minutes. Stir through a knob of butter just before serving.