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## **Seaweed Greens**

(made from leafy green veg, eg. cabbage, kale)

Shred cabbage and steam lightly. Add cinnamon, star anise and ginger (according to taste). Add fresh herbs if desired. Strain if desired.

Put oil in pan and add 1 or 2 cloves of garlic, if liked.

Nigella, cumin, fennel, mustard and black pepper seeds (or other you prefer). Lightly toast the seeds, then add cabbage greens and toss until crispy.

Add squeeze of lemon juice and sprinkle of coconut on top. Gauge how much cabbage you need according to appetite or number of people. It's a good way to use up outer leaves of brassicas. Enjoy!