

Cabbage steak with carrot and white bean purée and crispy chickpeas

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Juicy oven-roasted cabbage steak with carrot and white bean purée, topped with crispy chickpeas and pork belly.

Yield: 6 servings · Prep: 15 min. · Cook: 45 min. · Total: 50 min.

Ingredients

For the cabbage steaks

- 1 medium cabbage
- 2 tbsp extra virgin olive oil
- salt

For the carrot and white bean purée

- 6 medium carrots
- 2 tbsp oil, for frying
- 100 ml chicken or vegetable stock
- 1 can white beans ((400 g))
- 70-100 ml cream
- salt and pepper, to taste

For the crispy chickpeas and serving

- 100 g salted pork belly (or 1 onion for a vegan version)
- 1 can chickpeas ((400 g))
- 0.5 lemon (grated zest and juice)
- 1 handful fresh herbs: coriander, parsley, mint, dill, or whatever you have
- a pinch of your favourite spices (hot or smoked paprika, harissa, or similar spices)
- a drizzle of extra virgin olive oil, for serving

Instructions

- 1. Prepare the cabbage** Preheat the oven to 190 °C. Cut the cabbage in half, then into 6 steaks, keeping the leaves attached to the core.
- 2. Cook the cabbage** Sear the steaks on both sides in a hot frying pan with oil. Sprinkle with salt, transfer to a baking tray and roast for about 35 minutes, until tender and nicely browned.
- 3. Make the purée** Peel and slice the carrots, then fry them briefly in oil. Pour in the stock, cover and simmer until the carrots are soft. Add the drained beans and cream, then blend until smooth.
- 4. Prepare the crispy topping** In a separate frying pan, fry the chopped pork belly and drained chickpeas until nicely browned. Transfer to a bowl and mix with the lemon juice, chopped herbs and spices.
- 5. Serve** Spoon the purée onto plates, place a cabbage steak on top, scatter over the crispy chickpeas and drizzle with good olive oil.



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