Roasted Cabbage Wedges

The sweet cabbage, savoury soy and tangy lime make this super simple recipe packed with flavour.

Ingredients

1/2 large cabbage, cut into wedges

1/4 cup Black & Gold soy sauce

1 tbsp Black & Gold lime juice

2 tbsp Black & Gold butter

Method:

1. Preheat the oven to 180C.
2. In a small saucepan over medium heat, melt butter, then add the soy and lime juice. Take off heat and set aside.
3. Preheat a char-grill or a heavy based ovenproof pan on medium high heat until smoking. Place cabbage wedges (flat cut side) onto the grill, pressing down until well charred, roughly 5-6 minutes on each side.
4. When charred, transfer to a baking tray if using a char-grill or take off heat if using an

ovenproof pan. Spoon soy butter mixture over the cabbage making sure to get it between the layers.

5. Cover with foil and bake in the oven for 15-20 minutes or until the cabbage has softened.