

Kitchen Garden at Collingwood College 2017

Name of Recipe: Garden Broad-beans, Cabbages & peas sautéed in olive oil, garlic & herbs

You will be using Savoy & Wombok cabbages

From the Garden: parsley, marjoram, thyme, lemons, broad beans

What to collect	What to do
Portion of Savoy & Wombok cabbages	Remove any damaged leaves from the cabbages, then wash & drain. Cut very thinly in long lengths. Divide into 3-4 bowls (according to the number of tables)
Portion of Broad beans-pod, 4 spring onions, cut roots off, Wash & slice very thinly	Broad beans-pod & cook 3 minutes in boiling water, drain/cool/pod again.
Lots of parsley/ washed & chopped Marjoram /thyme washed & chopped	Prepare the spring onions & set aside in a bowl.
3-4 clove garlic, finely chopped	Pick & Wash the herbs & cut into very thin slices. Set aside.
200 gm frozen peas-divide into 3-4 bowls XV olive oil	Set the garlic aside in a small bowl.
2 x lemons washed & zested	When cooking- do 1 portion in a pan at a time for each table.
Salt/pepper Non – reactive pan Tongs Small serving plates with spoon	Heat a large sauté pan to medium heat. Add 2 x tblsp olive oil & garlic & stir until fragrant. Next add cabbage & cook for 2 mins stirring with tongs. Add portion of peas to warm through. <ul style="list-style-type: none">• Cabbage should just be wilted.• Add the herbs, lemon zest, then serve onto a plate.