

Flying Inspiration

Fly with the feminine

Gabriella Guglielminotti Trivel's recipes

Black cabbage with sardines

Suggestions: a very nourishing and tasty winter dish full of minerals like phosphorus, iron, magnesium, calcium, potassium, zinc, manganese, selenium, omega 3 fatty acids and vitamins of the B group, A, C, D and K.

Instructions

**extra virgin
olive oil**



Fry in a pan some extra virgin olive oil with some finely chopped ginger and garlic. Add some potatoes finely cut in small slices and stir it all together for a while.



black

cabbage

sea salt



sardines

Wash some black cabbage leaves and cut them very finely. Put them in the pan when the garlic and ginger start to become a bit brown and stir it all again. Before it sticks add a bit of boiling water just to cover the bottom of the pan, cover with a lid and cook it at medium heat until the cabbage is soft. Add some sea salt few minutes before switching off the heat and add some tinned sardines in olive oil on top of the cabbage so that they will heat up before you serve it.



If you like this recipe, I would like to read your comments!

Contact me on www.flyinginspiration.com