

## Carbs are not all bad, choose wholegrain pasta. Basta!

### Vegan Pasta With Cabbage - Austrian Farmer's Best!



#### Ingredients for 3 portions à 300 g

- 4 handfull dry whole grain pasta (250 g)
- 1 big onion (100 g)
- 1 small cabbage head (1 kg)
- 4 spoons vegetable oil (40 ml)
- 1 spoon sugar (7 g)
- 1 glass of white wine (100ml)
- Coreander, pepper, salt

#### Equipment

- Big cooking pot
- Wok OR pan
- Spoon and kitchen scale for measuring
- Sharp knife and cutting board for chopping

#### Health Benefits

**Complex carbohydrates** make sure that **blood sugar rises slowly** after enjoying this pasta dish.

No meat, eggs or dairy products, therefore you take up **zero unhealthy fats**, instead vegetable oil provides some **essential fatty acids** your body needs!

**Glucosinolates** stimulate your immune system – winter vegetable wonder!

#### Caution:

If you are not used to a lot of vegetables and whole grain, it is especially important to **chew** them very well and **drink enough** (at least 1,5l of water each day) otherwise bloating is very likely!

Nutritional value:		
	Whole dish	Per portion (300 g)
Energy (kcal)	1.700	430
Carbs (g)	232	58
Fat (g)	45	11
Protein (g)	44	11
Fibre (g)	48	12

#### Instructions

First, put your pasta into the pot, cover it with water and put the lid on. Boil it as the packaging suggests, most wholegrain pasta needs about 8 to 10 minutes. There is no need to add anything to the water when boiling pasta, neither salt nor oil, plain pasta is what you need so ditch this extra fuss and keep cooking simple.

In the meantime, peel the onion, remove the outer leaves of your cabbage and cut both into (~2x1cm) pieces, set them aside.

8 minutes passed? Time to check the pasta! Just take one out, cool it well and try. If it is good, put the water out of the pot and keep the pasta aside.

Now back to the veg. Heat the oil in the pan and roast the onion cubes until they smell a bit caramelized and are slightly browned. Then add the cabbage, salt it and let it roast on middle heat until soft.

When all the veg is soft and ready to eat, you season it, add the sugar and the white wine. Finally, you can mix the veg and the cooked pasta together and serve the cabbage pasta!