



We actually had a Sunday Dinner on a Sunday ? It's a bit of an oddity here, we often end up eating a roast on Tuesdays or Wednesday. But this enormous Chicken was on special offer, so why not?

Everything was sat on a giant Gluten free Sage & Rosemary Yorkshire Pudding ? The recipe is [here](#)

But the star of the show last night was the Kale - Red Cabbage and Coriander. We did a bit of filming last week and needed some fresh Coriander as a garnish. We have a Polish Deli just around the corner where I can get a hearty bunch for £1.50. So it will be featuring in our meals for the next few days.

Ingredients:-

Spirit Vinegar
Red Cabbage, sliced
Kale, chopped
Coriander, sliced
Black Pepper
Oion Salt
Garlic Salt
Oil

Method:-

- (1) Add the sliced Red Cabbage to the Vinegar. The acidity keeps the colour vibrant.
- (2) Heat the Oil in a Wok or large frying pan.
- (3) Fry the Cabbage and Kale initially.

(4) Stir and season with the Garlic Salt, Onion Salt and Pepper.

(5) Stir in the Coriander.

A quick easy and really tasty addition to a Sunday Dinner with loads of colour.