

# Red Cabbage Pasta

This delightfully cheesy, creamy smoky pasta is my favorite way to enjoy red cabbage! There is so much flavor in the sauce, while being vegetarian and low in effort. Eat this on its own or treat it as a base recipe and add extra fillings and toppings.

4 Prep Time: 10 MINS Cook Time: 30 MINS

★★★★★ 5 from 1 rating

## Ingredients

- 11 oz (300 g) dried pasta, I used bucatini but spaghetti or linguine work just as well
- 2 red onions, thinly sliced
- 2 tsp brown sugar
- 1 small head of cabbage, shredded - see notes
- ¼ cup (60 ml) water, vegetable broth or wine
- 3 cloves garlic, minced
- 1 lemon juiced
- ¾ cup (180 ml) heavy cream (double cream)
- 7 oz (200 g) smoked cheddar or gouda
- 1 tsp dijon mustard
- 2 tsp dried provencal herbs

## Instructions

- 1 First, heat a thin layer of olive oil or butter in a wide, deep frying pan or saute pan. Saute your onions with the sugar over a low heat until they're reduced, soft and getting browned and sticky. This will take about 10 minutes.  
2 red onions, 2 tsp brown sugar
- 2 Add the cabbage to the pan and mix through. Add the garlic and herbs and cook until just fragrant, then add the lemon juice and cook for another moment until it's absorbed.  
1 small head of cabbage, 3 cloves garlic, 2 tsp dried provencal herbs, 1 lemon juiced
- 3 Add the water, vegetable broth or wine, and simmer for about 15 - 20 minutes, with the pan partially covered, until the cabbage is soft. Lift the lid and stir frequently. If the cabbage sticks, add another splash of liquid from time to time to de-glaze the pan and keep it moist.  
1/4 cup water, vegetable broth or wine
- 4 Once your cabbage feels done, start your pasta boiling according to package instructions, then come back to the cabbage pan to make the sauce.  
11 oz dried pasta
- 5 Over a very low heat, add the cream, mustard and cheese into the pan with the cabbage and mix through until a sauce has formed around the cabbage.  
3/4 cup heavy cream (double cream), 1 tsp dijon mustard, 7 oz smoked cheddar or gouda
- 6 Once the pasta is cooked, drain (reserving some of the cooking liquid) and add into the pan with the cabbage. Mix through, and add some of the pasta cooking liquid if it needs thinning out.
- 7 Serve immediately with green herbs and/or additional cheese for topping.

## Notes

**Red cabbage size:** A small red cabbage is in the region of 800g (1.75lbs). You probably don't want to go over this amount but it's OK if you have a little less.

Cuisine: ITALIAN Course: PASTA

***Calories: 743kcal, Carbohydrates: 84g, Protein: 27g, Fat: 35g, Saturated Fat: 20g, Polyunsaturated Fat: 2g, Monounsaturated Fat: 8g, Cholesterol: 100mg, Sodium: 415mg, Potassium: 860mg, Fiber: 8g, Sugar: 16g, Vitamin A: 3496IU, Vitamin C: 126mg, Calcium: 511mg, Iron: 3mg***