Cabbage Ribbons and Paprika Potatoes

2 light vegetable plates, each with half the potatoes and cabbage, 50 g feta and 50 g (1.8 oz) bread | Active 18 min | Cook 15 min | Total 40 min

Ingredients

- 350 g (12.3 oz) peeled potatoes, cut into 1 cm (3/8 in) cubes
- 250 g (8.8 oz) white cabbage, tough rib removed before weighing, washed and cut into 3 mm (1/8 in) ribbons
- 60 ml (1/4 US cup) water
- 15 ml (1 US tbsp) olive oil
- 20 ml (1 US tbsp plus 1 US tsp) lemon juice
- 10 g (0.35 oz) Dijon mustard
- 2 g smoked paprika, about 1 US tsp
- 0.5 g caraway seeds, about 1/4 US tsp, lightly crushed
- 0.5 g fine salt, a small pinch
- 100 g (3.5 oz) ready-to-eat feta, crumbled
- 20 g (0.71 oz) spring onion, thinly sliced
- 100 g (3.5 oz) soft wholemeal bread, divided 50 g (1.8 oz) per person

Set out

1000 W microwave with turntable, Deep microwave-safe bowl, at least 2.5 L (about 2.6 US qt) measured capacity, Microwave-safe vented cover, Knife and board, Small dressing bowl, Fork and spoon, Kitchen scale and measuring jug, Food thermometer for reheating leftovers, Oven mitts, Two serving plates

Allergens

Milk, Mustard, Wheat. Check labels and substitutions.

Make it

1. Put potatoes and all the water in the deep 2.5 L bowl and cover with the vented cover. Microwave at 1000 W full power for 5 minutes, stir, then cook 3-5 minutes more until the potato centers are fully knife-tender. Keep the cooking liquid.

2. Fold in all the cabbage ribbons without packing them down into a dense block. Cover and microwave at full power for 3 minutes. Stir from the bottom and heat 1-2 minutes more until the cabbage is tender and wilted but still recognizable as ribbons. Leave covered for 2 minutes.

3. While the vegetables cook, mix olive oil, lemon juice, mustard, paprika, crushed caraway and salt in the small bowl. After the covered stand, stir all the dressing through the hot potatoes, cabbage and their retained liquid.

4. Divide the whole warm mixture between two plates. Add 50 g feta and 10 g spring onion to each, then serve 50 g soft bread per person. The feta is an included ready-to-eat finish, not an unmeasured garnish.

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Headspace is for the cabbage

The deep bowl is larger than the finished food needs because raw shredded cabbage is bulky. Do not push it into a narrow mug or seal a jar.

Soft potatoes are intentional

Covered microwave cooking makes tender potato pieces with moist surfaces. No oil-heavy crisping or hidden grill stage is part of this recipe.

Ingredient labels

Bread may also contain sesame or soy. Check feta and mustard labels; the tofu variation contains soy.

A useful detail

Allow 40 minutes for peeling and shredding, up to 10 minutes potato heating, 5 minutes cabbage heating, a 2-minute stand, dressing and serving. Dressing preparation can overlap the vegetable cook. Thick potato pieces or a different wattage may require extra bursts. Use the deep roomy bowl so the raw cabbage has space before it collapses.

Another way

Replace the feta with 100 g (3.5 oz) ready-to-eat pasteurized firm tofu, crumbled and divided at the finish; soy replaces milk as an allergen, and the label must permit ready-to-eat use.

Use 2 g sweet paprika instead of smoked paprika for a gentler dressing. Keep the same oil and acid measures.

Keep it well

Refrigerate shallow portions within 2 hours, or 1 hour above 90°F/32°C, at 40°F/4°C or below and use within 2 days. Keep bread dry and any unused feta chilled separately. Reheat the vegetable base once, covered with stirring, to 165°F/74°C throughout and stand covered for 2 minutes before adding a separately stored cold cheese finish.