

Jamaican Cabbage

Jacob · 29/09/2024

**Prep Time**

40 mins

Difficult

Medium

Servings

6

Description

This spicy Jamaicanstyle cabbage dish with chile pepper is delicious with jerk chicken or pork

Ingredients

- - 1 head cabbage - 2 tablespoons olive oil
- or as needed - 1 small onion
- thinly sliced - ½ chopped green bell pepper - 1 green onion
- sliced - 1 whole Scotch bonnet chile pepper - 2 sprigs fresh thyme - 1 teaspoon salt (Optional) - 1 cup shredded carrots - ¼ cup white vinegar - 2 tablespoons white sugar

Instructions

1. Peel tough outer leaves from cabbage. Core the head and shred cabbage; set aside. Heat olive oil in a large skillet over medium-high heat; add onion
2. bell pepper
3. and green onion. Cook and stir vegetables until softened
4. about 5 minutes. Mix in Scotch bonnet pepper
5. thyme
6. and salt. Stir cabbage and carrots into onion mixture until thoroughly combined. Cover the skillet and reduce heat to medium-low. Cook
7. stirring occasionally
8. until cabbage starts to soften
9. about 10 minutes. Stir in vinegar and sugar. Cook
10. uncovered
11. stirring occasionally
12. until cabbage is tender
13. about 3 more minutes. Discard Scotch bonnet pepper and thyme before serving.