

# nitrate-free corned beef

prep time 10min

cooking time 40min or 6hrs

serves 6



## ingredients

- 1.2-1.5 kg nitrate-free, gluten-free corned beef
- 2 lge carrots
- 1 large onion
- 3 cloves garlic
- 1 bunch thyme
- 2 tbs seeded mustard
- 1 l bone broth or water

## roasted cabbage and carrots

- 1 small wombok cabbage
- 1 bunch baby carrots
- olive oil
- salt

## method

1. pop everything into your slow cooker and turn on low for 6 hrs. (this can also be done in a pressure cooker for 40 mins.)
2. remove and slice and serve with your favorite sides (see below for suggestion).

## method

1. preheat oven to 220c.
2. chop the wombok into 1/4's and place on the baking tray with the carrots, drizzle with a good lug of olive oil and sprinkle with salt and roast.
3. remove the wombok after 20mins and allow the carrots to cook for a further 10-15 mins.
4. serve with corned beef.



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