



Nyam and Go – Jamaican Steamed Cabbage and Carrots



Ingredients

- 1 Whole cabbage
- 2 Large carrots
- 4-5 tablespoons good coconut oil
- 1 onion
- 1 tomato
- 1 sweet pepper
- 2 teaspoon Salt or 1 to 2 Boullion cubes
- ¼ teaspoon Black pepper
- ½ teaspoon Paprika
- 1 sprig fresh thyme
- ¼ teaspoon ground Allspice (optional)

Instructions

- Slice the cabbage and carrots into thin shreds
- Chop the onions tomato and sweet peppers
- Heat the coconut oil in a pan
- Saute the onions tomatoes and sweet peppers
- Add the salt/boullion, paprika, allspice and black pepper mix thoroughly
- Put the shredded cabbage and carrots on top and cover allowing it to wilt down



- After about 5 minutes covered stir everything together making sure all the seasonings and carrots and cabbage are coated in oil
- It will spring its own liquid and begin to soften, add the thyme and cover.
- Repeat this process for about 10 minutes until the cabbage is cooked. The carrot should still be slightly crunchy.
- If the flames are too high or you don't stir often enough the cabbage will burn and be bitter.
- Taste for seasoning, if more salt is needed add it and stir
- Serve with fried dumplings, rice or bread

<http://greedygirlcooks.blogspot.com/2018/04/jamaican-steamed-cabbage-and-carrots.html>