

UKRAINE CABBAGE CARROT & APPLE SALAD



Serves: 6

Ingredients

- 500 g fresh cabbage
- 1 carrot
- 1- 2 green apple, unpeeled
- 1-2 spring onion
- Parsley (a small bunch)
- 3 Tsp oil (unrefined cold pressed sunflower)
- 2 Tsp apple cider vinegar
- 1Tsp sugar
- 1/2 ts salt
- freshly ground black pepper to taste



Instructions

1. Slice the cabbage as thin as possible, sprinkle with salt, hand rub until it releases juice, leave for 10-15 min
2. cut the carrot in matchsticks,
3. Cut the apple in about 1cm sticks
4. Chop fine the parsley
5. Chop small the spring onions
6. Squeeze cabbage, add vinegar, oil, sugar
7. Mix cabbage with the above vegetables (except parsley)
8. decorate with parsley leaves

Photographer: Chan Kar Mun

Salad, Inexpensive, Quick & Easy to Prepare, Vegetarian, Vegan, Gluten Free