

Spicy Chopped Cabbage Salad



Bright, crunchy, fresh - all the things a salad should be.

This simple salad only uses green cabbage, cucumbers and an apple, but it's the dressing that is not only nutritious but packed full of flavour. A must try!

Ingredients

1/2 green cabbage, chopped

1 granny smith apple, chopped

6 baby cucumbers, chopped

Spicy Green Dressing:

1/2 avocado

1 garlic clove, crushed

1 cup mix of basil, coriander, dill

1/2 cup spinach

1 spring onion, sliced

1/4 cup pinenuts

1/2 tbsp pickled jalapenos, and 1 tbsp pickling liquid

2 tbsp lemon juice

6 tbsp olive oil

1 tbsp apple cider vinegar

Method:

1. In a large bowl, combine the chopped cabbage, cucumbers, and apple.
2. Using a food processor add all the ingredients for the dressing and pulse till you achieve a smooth and creamy consistency. Season to taste.
3. Toss the dressing with the chopped vegetables and serve.