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your
own...

This dish created by:



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Red salad with dill and pecan nuts

Ingredients

300g red cabbage, finely shredded
1 large red onion, finely sliced
1 tbsp sea salt
2 oranges
2 red apples, julienned (skin on)
200g cooked beetroot, (plain boiled) julienned
150g celery, finely sliced
30g pecan nuts, toasted and chopped
5g dill sprigs

Dressing

1 tbsp olive oil
2 tbsp red wine vinegar
5g Dijon mustard
zest and juice of 1 orange
salt and pepper

Serves 4

Suitable for Vegan / Vegetarian

Method

Place the red cabbage and red onion into a bowl, sprinkle with the sea salt and mix well. Leave to stand for 20 minutes.

In the meantime segment the oranges: trim off the top and bottom and stand the orange on a board. Work your way around each orange with a small sharp knife, removing the peel, pith and outer membranes. Then over a bowl to catch the juice, slice between the membranes to release the orange segments into the bowl.

Rinse the shredded red cabbage and sliced red onion in a sieve under a cold tap to remove the salt, drain well.

Add the cabbage, onion, apples, beetroot, celery and toasted pecan nuts to the orange segments and mix together.

To make the dressing whisk all the ingredients together in a bowl, then add to the salad.

Toss the salad together and serve garnished with dill leaves.

Enjoy!