

Carrot, Cabbage, Ginger & Chili Salad



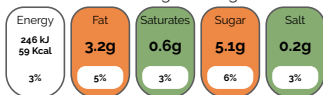
WAYS
TO BE
WELL

High Quality & Authentic
RIVER COTTAGE

Carrot, Cabbage, Ginger & Chili Salad

SERVES 4 VEGAN

Per average serving



Of an adult's Reference Intake (84000KJ / 2000Kcal)
Typical values per 100g: Energy 724KJ/173KCal

INGREDIENTS:

60g red cabbage
140g white cabbage
200g carrots
40g spring onion
30g coriander

2 tbsps. sesame seeds
1 red chilli
Black pepper
Ginger & Lime Dressing
10g ginger, grated

2 red chillies, de-seeded
and sliced
1 lime, juiced
30mls tamari soy sauce

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METHOD:

1. Quarter the red and white cabbage, remove core & shave finely on a mandolin.
 2. Peel and coarsely grate the carrots. Slice the spring onions and toast the sesame seeds.
 3. Pick and chopped the coriander. Half, seed and slice the red chilli.
 4. Mix all the ingredients together and check the seasoning.
 5. Ginger & Lime Dressing.
 6. Blend all ingredients together in a mixer.
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