

Crunchy Red Cabbage Salad

A healthy and flavourful autumn salad

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INGREDIENTS

- 1 medium white onion
- ½ red cabbage
- 1 lemon
- 1 sweet apple
- 2 handfuls of fresh cranberries
- 1 small stalk of celery (optional)
- big handful of walnuts
- 2 tbsp olive oil
- 1 tsp honey
- salt
- black pepper



DIRECTIONS

1. Peel and slice the onion really finely.
2. Wash the cabbage and remove any bad outer leaves. Half the half of the cabbage and remove the hard centre. Slice the cabbage finely.
3. Take a medium bowl and fill it with some cold water. Half a lemon and squeeze the juices into the water. Peel and de-seed an apple. Slice the apple finely and then slice those slices to make thin stripes of apples. Add the apple stripes directly into the bowl of lemon water. This will prevent them from browning.
4. Wash the cranberries and half them.
5. Wash the celery, remove the ends and slice finely.
6. Chop the walnuts roughly.
7. Add all of the vegetables and the walnuts into a big bowl and mix shortly with your hands.
8. Combine olive oil with honey and season with salt and pepper. Mix shortly and add the dressing over the salad. Mix the salad well to cover it with the dressing.
9. Serve right away.