

Cabbage is cool

Green and red cabbage slaw

Green cabbage slaw Serves 4-6

½ head broccoli, finely chopped, or chopped in a food processor
1 cup finely sliced green cabbage
1 stalk celery, sliced
1-2 red chillis, deseeded, finely chopped
¼ cup finely grated Parmesan cheese
2 cloves garlic, roasted, peeled, chopped
¼ cup basil leaves, chopped
2 Tbsp canola oil
Pinch salt
2 Tbsp white vinegar
tsp runny honey

Mix broccoli, cabbage, celery, chilli, cheese, garlic and basil together in a bowl.

Mix oil, salt and vinegar together, add honey, mix well and pour over green slaw.

Red cabbage slaw Serves 4-6

2 cups finely sliced red cabbage
1 beetroot, top and tailed, grated
¼ cup sultanas or raisins
3 Tbsp balsamic dressing
¼ red capsicum, finely sliced

Place cabbage, beetroot and sultanas in a bowl. Add balsamic dressing and toss gently.

Transfer to a serving dish and garnish with red capsicum.



Red cabbage and cherry tomato salad

Stunning to look at and equally delicious to eat.
Serves 4-6

¼ red cabbage, finely sliced
1 x 250g punnet cherry tomatoes, sliced into quarters
1-2 spring onions, sliced diagonally
¼ cup vinaigrette

Combine all ingredients in a bowl.

Cover and leave in the fridge until ready to serve.

Transfer to serving platter and serve.