

Broccoli and Red Cabbage Salad with Apple

25–30 Min

Preparation

1. Use a sharp knife to finely cut or slice the red cabbage. Mix with a good pinch of salt and 1 tbsp. of olive oil and allow to infuse in a bowl.
2. To prepare the dressing: Mix 4 tbsp. of olive oil with the honey and gradually stir in the balsamic vinegar. Peel the red onion, slice very finely and stir in with the rosemary. Season to taste with salt and pepper.
3. Bring a large pan of salted water to the boil. Wash the broccoli and cut it into florets. Blanch the broccoli florets for around three minutes then plunge into ice-cold water.
4. Wash the apples, remove the cores and cut into thin slices. Toast the slices of almond in a dry non-stick pan until they gain some color and start to give off a fragrance. Roughly chop the cranberries as desired.
5. Give the red cabbage a good squeeze to remove any excess liquid and place in a bowl with the broccoli florets. Add the sliced apple, cranberries, almonds and the dressing and mix well. Season to taste with salt and freshly ground pepper.

Ingredients 4 Portions

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1 piece	Broccoli, large
0.5 piece	Red cabbage
40 g	Cranberries
50 g	Almonds, chopped
1 piece	Apples (e.g. Gala)
5 tbsp.	Olive oil
3 tbsp.	Balsamic vinegar
1 tbsp.	Honey
1 piece	Red onion
1 tsp.	Organic Rosemary, Chopped
1 pinch	Sea Salt, Coarse
1 pinch	Pepper Black, Whole