



Festive red cabbage salad

Equipment

Measuring cups and spoons

Mixing bowl

Scale

Peeler

Cutting board and knife

Grater

Ingredients

1/4 red cabbage

1 small red onion

1 apple

1 beetroot

40g walnuts

1 orange

2 tbsp red wine vinegar

1 tbsp clear honey

2 tbsp olive oil

What to do

Task 1 : Prepare the ingredients

Cut out the white core of the cabbage and discard. Finely shred the cabbage and tip into a large mixing bowl. Peel and dice the onion, Core and dice apple, peel and grate beetroot and roughly chop the walnuts. Add all to the shredded cabbage. Finely grate over the zest from the orange.

Task 2 : Segment the orange

Cut a little from the top and bottom of the orange, so they sit flat on your work surface. Use a small, serrated knife to cut away the peel and pith in strips down the orange. Holding the orange over a bowl, cut away the segments, letting them and any juice drop into the bowl. Squeeze any juice left in the membranes into the bowl, too. Fish out the segments, roughly chop and add to the salad.

Task 3 : Combine and serve

Whisk the red wine vinegar, honey and oil into the orange juice with some seasoning, then stir into the salad.



Source: bbcgoodfood.com