

Salat "Vitaminniy"

Adapted from thatswhatshehad.com/cabbage-and-carrot-salad-vitaminniy/

Ingredients

½ medium cabbage (about 700g), washed, top leaves removed

½ tsp salt

2 carrots (230g), peeled

1 big sweet apple (200g)

4 tbsp olive oil (or sunflower oil)

2 tbsp apple cider vinegar

Instructions

1. Slice or chop the cabbage thinly. Place the shredded cabbage in a big bowl. Add salt and press the cabbage with your hands, turning it over as you go, to release some juices.
2. Grate carrots on the large holes of a box grater and add them to the salad.
3. Grate the apple (no need to peel the skin off as that's where all the vitamins are) on the large holes of a box grater. Press some juice off the grated apple. This is important, otherwise you'll end up with too much liquid in the salad.
4. Make the dressing: mix oil and vinegar in a bowl. Pour over the salad and mix well. Taste and see if it needs more salt.
5. Optional: Place the salad in the fridge for at least 30 minutes before serving to let the flavours develop.