

Red cabbage slaw with turmeric almond dressing

10 ingredients · 10 minutes · 4 servings



Directions

1. Put Cabbage, beetroot, celery and walnuts in a large bowl. You will need space to mix
2. In a blender add almond butter, olive oil, turmeric, plenty of salt and pepper, dates and water. Blitz until smooth
3. Check seasoning and add more water if necessary. You need it thick enough to coat the veg.
4. Add to vegetables and mix well. Enjoy

Notes

Mix and match

Try using grated apple, carrot or celeriac as alternatives

Use more turmeric

Turmeric is a very personal taste so add more if you like

Leftovers

Refrigerate any leftovers

Serve

Serve with cold meats, eggs, cheese for a great salad with lots of antioxidants

Ingredients

- 1/4 head** Purple Cabbage (finely sliced and chopped)
- 4 ounces** Beetroot (cooked and peeled)
- 2 stalks** Celery (finely sliced)
- 4 ounces** Walnuts (broken into small pieces)
- 100 grams** Almond Butter
- 1** Sea Salt & Black Pepper (plenty to flavour)
- 1/3 cup** Extra Virgin Olive Oil
- 30 milliliters** Water (add more or less to get desired consistency)
- 1 1/2 tsps** Turmeric
- 3** Pitted Dates (add more or less accordingly to taste)