

Wombok Salad



Getting Started

Preparation time: – 5 minutes

Cooking Time: – None

Oven Temperature: – None

Ingredients

Salad

Half a wombok cabbage (finely shredded)

Half a small red onion (finely sliced)

1 carrot (grated or finely julienned)

½ a Lebanese cucumber (finely chopped)

Half a capsicum (any colour, cut into fine strips)

1/3 cup of chopped, raw nuts (walnut, almond, cashew etc)

Parsley or basil leaves (roughly chopped)



Dressing

¼ extra virgin, first cold pressed olive oil
Juice of 1 lemon
2 cloves crushed garlic (optional)
Salt and pepper to taste

Method

Salad

Put all ingredients into a large bowl and toss

Dressing

Put all ingredients into a small container with a lid and shake. Pour over salad and toss.

Notes

To make this a complete meal you can add some extra protein such as chicken, lamb, tuna or tofu, or serve the salad as a side dish.

This is a very versatile dish and you can add or replace some of the ingredients with things like cucumber, snow peas, celery etc, according to your tastes.