



# WINTER SALAD WITH RED CABBAGE, KALE AND POMEGRANATE

SERVES: 8

## INGREDIENTS:

### For the Salad

- ½ head of red or white cabbage
- 2 carrots
- 8 kale leaves
- 1 shallot or ¼ red onion
- ½ pomegranate, seeds only
- Salt to taste

### For the Vinaigrette

- 1 lemon, juice only
- 1 tsp Dijon mustard
- 2 tbsp pomegranate molasses (or 2 tbsp pomegranate juice and 1 tbsp of balsamic vinegar)
- 8 tbsp olive oil
- Pinch of salt



## METHOD:

1. Slice the cabbage and shallot thinly and grate the carrots. (Mandolin works well here.) Remove the rib from the kale leaves and discard, slice the kale thinly, then scrunch them in your hands to soften before adding to the salad bowl. Cut the pomegranate open and extract the seeds. Combine all ingredients in a salad bowl.
2. In a mason jar mix the lemon juice, pomegranate molasses, Dijon mustard, olive oil and salt. Cover with a lid and shake well until combined. Dress the salad with the vinaigrette and serve.