



Food Discovery red cabbage, beetroot, red onion, gem lettuce salad with lime and coriander dressing

Ingredients

2 Raw red Beetroot
1 red cabbage
2 red onion
6 baby gem lettuce

4 limes
1 bunch of coriander
4 tablespoon rapeseed oil or olive oil

Method

For the slaw

Grate the beetroot and red cabbage into an large bowl then add the red onion which has been finely sliced season with a good pinch of sugar and salt about 5g of each leave to the side to cure slightly about 10 mins but longer is better

For the dressing

In a small bowl, grate on the smallest side of the grater the green part from the lime, or zest as we say in the trade. Add the juice and the oil of your choice and roughly chopped coriander keeping some back to garnish the final dish

To Assemble

Separate gem lettuce into leaves and we are going to use these as cups. Arrange on a plate and fill with the slaw, dress with the dressing and sprinkle with the remaining coriander.

Eat and enjoy!