



RED CABBAGE ASIAN SLAW WITH TAHINI DRESSING

A healthy recipe by THE HEALTH BOOST

INGREDIENTS

Serves 3-4

1/2 red cabbage

1 large carrot

3 spring/salad onions

100g edamame beans

6 radish, sliced

large bunch of parsley

Tahini ginger dressing

2 tablespoons of tahini

1 tsp grated ginger

2 tablespoons of olive oil

1 tablespoon of apple cider

vinegar

pinch of salt and grind of

pepper

METHOD

1. Cook the edamame beans according to the packet instructions. I usually have packet in the freezer for quickly adding protein to salads.
2. Thinly slice the red cabbage. I use a food processor to make light work of this and ensure thin slices.
3. Grate the carrot. Again this can be done in a food processor or else a box grater.
4. Add the carrot and cabbage to a large salad bowl and add the sliced spring onions and sliced radish.
5. Roughly chop the parsley and add to the salad bowl.
6. Combine all the dressing ingredients in a bowl and whisk to combine.
7. Add the dressing to the salad and stir to mix.

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