



Charred cabbage, apple
and rice salad

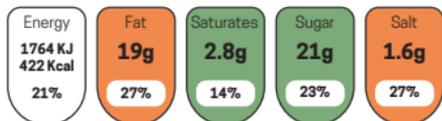
WAYS  WELL

Charred cabbage and apple salad

Vegan | 3 of 5 a-day

SERVES 5

Per Average Serving



Of an adult's Reference Intake (8400kJ / 2000Kcal)
Typical values per 100g: Energy 288kJ/69Kcal

INGREDIENTS:

100g White onion

180g Carrots

60g Celery

10g Ginger

10g Garlic

15g Red chilli

15g Fresh Coriander

2 Curry leaves

2tbsp Rapeseed oil

5g Mustard seeds

5g Ground Coriander

5g Ground Cumin

3g Ground Turmeric

Pinch Ground Cinnamon

Salt

75ml White wine vinegar

30g Brown sugar

150ml Water

30g Cashew nuts

1kg Hispi Cabbage

100g Spring Greens

100g Cooked brown rice

250g Mixed apples

1 Lemon

METHOD:

1. Make the Malaysian spice mix first. Peel and finely slice the onion, carrot and celery. Peel and finely grate the ginger and garlic. Finely slice the red chilli. Chop up 2/3 of the fresh coriander. Remove the curry leaves from the stalks.
2. In a saucepan, heat 1tbsp of oil on a high heat. Add the mustard seeds and curry leaves, these should start to pop, then add in the onions and celery, cook for 5 mins on a medium heat. Add the carrots, garlic and ginger. Stir and cook for 1-2 mins, then add the ground coriander, turmeric and cinnamon. Cook out for 2 mins. Finally add the red chilli. Season with 5g salt.
3. Add the vinegar, sugar and water to the pan, bring to boil then remove from the stove and add the chopped coriander.
4. Roast off the cashews in the oven and smash.
5. Cut each hispi cabbage cut into 10 wedges. For the spring greens, wash and finely chop the outer leaves and wedge the heart. Wash, core and cut apples into wedges.
6. Pick the rest of the coriander.
7. To finish the dish use 1tbspml oil and a pinch of salt and roast the hispi in the oven at 200C for 10mins, or until charred. Heat up a pan on a high heat with the remaining oil and saute the spring greens for 1- 2 mins, add the Malaysian spice mix to the greens and check the seasoning.
8. To plate, spoon the brown rice over the plate, arrange the cabbage and apple wedges on top, then spread over the greens and Malaysian spice. Top with the coriander leaves and cashews.