



CABBAGE AND FENNEL 'SLAW

Preparation time: 10 minutes, plus chilling time

Serves:4

WHAT YOU'LL NEED:

Small head of red cabbage, shredded into thin strips

1 large fennel bulb, trimmed, halved and sliced thinly

2 large carrots, grated (squeeze out excess moisture using clean tea towel or kitchen towel)

4 spring onions, trimmed and chopped

1 teaspoon grated fresh ginger

50ml fresh orange juice

2 tablespoons extra virgin olive oil

2 tablespoons cider vinegar

Salt and pepper, to season

WHAT TO DO:

1. In a large bowl, mix together the cabbage, fennel, spring onions and carrots

2. Now whisk the ginger, orange juice, oil and vinegar in a separate bowl, adding the salt and pepper once combined

3. Pour the dressing over the vegetables and toss to ensure the whole mix has been coated thoroughly

4. Cover with cling film and put in the fridge to chill for 20/30 minutes

5. Mix again before serving