



Recipe- Summer Salad with Substance

GF, DF, VEG, V

No cooking required

10 minutes of slicing, tossing and shaking

Serves 2

Ingredients

Salad:

¼ cabbage (red, white or green) thinly sliced

2 carrots thinly sliced or shaved into ribbons

1 fennel bulb (reserve fronds) tough outer layer discarded and the inner part thinly sliced

about 5 radishes thinly sliced

1 apple with skin grated

large handful of mint roughly torn

large handful of basil roughly torn

400 g tin chickpeas rinsed and drained

small handful of favourite seeds and/or chopped nuts, preferably dry-roasted (pumpkin, sunflower seeds, almonds, hazelnuts, pistachios etc.)

Dressing:

½ cup extra virgin olive oil

1/3 cup balsamic vinegar

1 tablespoon dijon mustard

1 garlic clove finely chopped

sea salt (to taste)

freshly ground black pepper (to taste)

pinch of turmeric

Method**Salad:**

Use trusty Magimix food processor to slice the vegetables and to grate the apple, it guarantees lovely thin slices.

Put the vegetables, apple, herbs and chickpeas in a large bowl, pour a good drizzle of the lovely dressing over and toss until all the ingredients are well coated. Transfer to a serving platter, scatter with your favourite seed or a combination of them and enjoy!

Dressing:

Put all the ingredients in a jar with a tight lid, screw the lid and shake well. Taste the dressing and adjust the flavour by adding a little more of any of the ingredients as desired.

Makes about 220 ml and it will keep in the fridge for about 2 weeks but is best served at room temperature.