

# Health Salad

**Country of origin:** Belarus<sup>1</sup>

A sort of sweet and sour salad.

## Ingredients

- 125 g fresh cabbage
- 1 large carrot
- 1 small onion
- 2 **FAIRTRADE** apples
- 15 ml Zaytoun **FAIRTRADE** olive oil
- 10 g **FAIRTRADE** raw cane sugar
- 5 ml ground coriander
  
- to taste **FAIRTRADE** freshly ground black pepper
- fresh parsley

## To serve

Serve chilled.

## Variation

A good pinch of cayenne pepper will give this salad a bite.

Substitute a spoon of **FAIRTRADE** runny honey for the sugar.

## Method

### Preparation

All gratings are "coarse".

Remove the core and grate the apples.

Peel the carrot and grate.

Skin the onion and chop very fine.

Shred the cabbage (slice very fine).

### Assembly

Mix together the carrot, salt, pepper, sugar, apple with the oil and spices.

Adjust seasoning.

Decorate with a sprig of parsley.

<sup>1</sup><http://www.fairtradecookbook.org.uk/countries/belarus.htm>