

# In the Kitchen with **Fast Ed**



## Crunchy Red Cabbage Detox Salad

Preparation time: 10 minutes | Serves: 4

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|--|---|
| 3 cups red cabbage, shredded           | 2 tbsp raisins, chopped                         |
| 2 sticks celery, sliced                | 1 tbsp sunflower seeds                          |
| 1 pear, diced                          | Finely-grated zest and juice of 1 lemon         |
| ½ red onion, finely sliced             | 1 tsp minced horseradish                        |
| 5cm piece ginger, cut into fine batons | 2 tsp honey                                     |
| 1 bunch parsley, chopped               | 2 tbsp extra virgin olive oil                   |
| 2 tbsp dry-roasted almonds, chopped    | Sea salt flakes and freshly-ground black pepper |
| 2 tbsp pepitas                         |   |

- 1 Combine the cabbage, celery, pear, onion, ginger and parsley in a bowl and mix well. Add the almonds, pepitas, raisin and seeds, then toss again.
- 2 Mix the lemon zest, juice, horseradish, honey and oil in a separate bowl. Season with salt and a generous amount of pepper, then drizzle over the salad.

**Fast Eds Note:** Keep your salad fresh and crispy in the air tight **Match-ups™ Clips 3L** storer.

