



Greek cabbage salad -Politiki

20'

Hands on

60"

Hands off

4-6

Portion(s)

1

Difficulty



Method

- **Cut** the red and white cabbage into thin slices and add them into a large bowl. Add the celery stalks (or the leaf celery), the carrots grated, lemon juice, water, and mix.
- Cover the bowl with plastic wrap and refrigerate it for one hour.
- Take the bowl out of the refrigerator, transfer the vegetables into a colander, and press them with your hands to extract their excess moisture.
- Get your vegetables back into the bowl, add salt, pepper, vinegar, olive oil, the parsley finely chopped, and mix them with your hands by rubbing them together in order to mix their flavors and aromas. At this point, you can preserve the salad in the refrigerator, covered with plastic wrap.
- Pour ½ teaspoon vinegar and 1 tablespoon olive oil over your salad, season with salt and pepper, and garnish with the red horn peppers cut into strips.
- **Serve** it alone or accompany it with some meat.

Ingredients

- 500 g white cabbage
- 200 g red cabbage
- 3 celery stalks or ½ bunch leaf celery
- 2 cloves of garlic
- 3 carrots
- juice from 1 lemon
- 200 g water
- salt
- pepper
- 50 g white vinegar
- 100 g olive oil
- ½ bunch parsley

To serve

- 1 teaspoon white vinegar
- 1 tablespoon olive oil
- red horn peppers, Florina
- salt
- pepper

Διατροφικός πίνακας

Nutrition information per portion

210 Calories (kcal)	17.0 Total Fat (g)	2.4 Saturated Fat (g)	8.7 Total Carbs (g)
11%	24%	12%	3%
7.5 Sugars (g)	2.2 Protein (g)	5.6 Fibre (g)	0.25 Sodium (g)
8%	4%	22%	4%