

Shaved Red Cabbage, Natural Lemon Verbena with Organic Apple Cider Vinegar and Pumpkin Seeds



0 made it | 0 reviews



Peter Kuruvita

- Sub Category Name
 - Food
 - Appetisers
 - Salads & Dressings
- Recipe Source Name
 - Immunity Inspired by Tea Recipes
- Festivities Name
 - Autumn
 - Spring
 - Summer
 - Winter

Ingredients

Shaved Red Cabbage, Natural Lemon Verbena with Organic Apple Cider Vinegar and Pumpkin Seeds

- 2 tsp. Dilmah Natural Lemon Verbena
- Juice of 1 lemon
- 2 tbsp. olive oil
- 1 tbsp. honey
- Sea salt and freshly ground black pepper, to taste
- 2 tbsp. chopped toasted almonds
- 2 tbsp. chopped roasted pumpkin seeds
- ½ small head red cabbage, thinly sliced
- 1 red bell pepper, cut into thin matchsticks
- ¼ cup chopped fresh coriander
- ¼ cup chopped fresh parsley
- 2 mandarin oranges, segmented



GARNISH

- ½ cup frozen shelled edamame, thawed
- ½ apple, diced

Methods and Directions

Shaved Red Cabbage, Natural Lemon Verbena with Organic Apple Cider Vinegar and Pumpkin Seeds

- In a large bowl, combine the olive oil, Dilmah Natural Lemon Verbena, lemon juice and honey; whisk until emulsified. Season with salt and pepper to taste.
- Add remaining ingredients (red cabbage through pumpkin seeds) and toss gently to combine. Add additional salt and pepper to taste. Serve at room temperature or slightly chilled

ALL RIGHTS RESERVED © 2025 Dilmah Recipes | Dilmah Ceylon Tea Company PLC Printed From teainspired.com/dilmah-recipes 22/02/2025