

Fig, red cabbage & pomegranate salad



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Preparation 25 mins | Serves 4

- ½ small red cabbage, trimmed and very finely shredded
- 2 green onions (shallots), trimmed and thinly sliced
- 1 pomegranate, seeds removed
- ½ cup small mint leaves
- 1 cup coriander leaves, roughly chopped
- 1 tsp pomegranate molasses
- 2 tbs extra virgin olive oil
- 6 plump ripe figs, quartered
- 100g marinated Persian feta, crumbled

STEP 1 Combine cabbage, green onions, pomegranate seeds, mint and coriander in a large bowl.

STEP 2 To make dressing, combine pomegranate molasses, extra virgin olive oil and salt and pepper to taste in a screw top jar. Shake until well combined. Drizzle dressing over cabbage salad and gently toss to combine.

STEP 3 Arrange cabbage salad on a serving platter, top with figs, scatter with feta and serve.

Good for you... **RED CABBAGE**

An excellent source of vitamin C, which helps us absorb iron from food. Provides dietary fibre which helps the intestine function normally.

