

# White Cabbage Curry Salad (vegetarian)

A very healthy salad, with the flavors of a curry. It's a wonderful starter or a side dish.

Preparation time: **30 min** + Marinate time: **2h** = **Total time: 2h 30 min**

500g white cabbage  
150g carrots  
200g pineapple, crushed  
30g pumpkin seeds  
2 tb. lime juice  
2 ts. brown sugar  
2 ts. mustard (e.g. dijon)  
1 tb. Orange Curry spice mixture  
2 tb. vegetable oil  
50ml orange juice  
150ml coconut milk  
black pepper  
salt



## Simple Steps to Succeed

1. With a grater, slice the cabbage into millimeter-thin slices. Put it in a bowl and add salt.
2. For the sauce, use a small bowl (300ml). Add the freshly pressed lime juice.
3. Add the sugar, mustard, spice mixture and oil, stir well. Then add the orange juice and the coconut milk.
4. Back to the cabbage. Knead well until there is lots of juice. Squash and pour away the juice.
5. With a grater, cut the carrots into small stripes (similar to the cabbage). Add to the bowl. Marinate with the sauce for 2 hours.
6. Add the pineapples to the salad.
7. Gently roast the pumpkin seeds without oil, add to the salad.



Source: Matthaei, Bettina. *CURRY*. Weil der Stadt: FONA Verlag AG, 2009. Adjusted by Valentin Anklin