

## Sweet and crunchy pineapple, carrot and red cabbage salad

An easy make in advance summer salad... The sweetness of the pineapple brings out the "freshness" of summer into your mouth... Ideal for picnic's, or large group summer entertaining...



### Ingredients for the pineapple salad:

1 teaspoon cumin seeds  
1 x baby red cabbage, thinly sliced  
3 x carrots, julienne style  
1 x fresh pineapple, peeled, cut julienne style  
salt and pepper  
3/4 cup of the vinaigrette

### For the Vinaigrette- shake in a jar

2 tbsp creamy Dijon mustard  
2 crushed cloves of garlic  
2 tbsp castor sugar, sea salt, and a pinch of white pepper  
8 tbsp white wine vinegar  
16 tbsp extra virgin olive oil

Recipe adjusted from: A week in The Kitchen - Carrot cumin slaw...

### METHOD:

Shake the vinaigrette ingredients in a jar until well mixed.

Toast the cumin seeds in a dry pan over a low heat until fragrant.

Toss together all the other ingredients, incl the cumin and vinaigrette.

Refrigerate the salad in a sealed tupperware or ziplock bag, give it a good shake just before serving .

I can really recommend "A week in THE KITCHEN" by Karen Dudley...



RECIPES



from the kitchen of the princess and  
the wannabee weather girl...

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