

Red cabbage salad



PREPARATION TIME

10 min



COOKING TIME

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SERVES

4

INGREDIENTS

- ½ red cabbage
- 3 carrots
- Tamari soy sauce
- 1 fresh onion
- olive oil

INSTRUCTIONS

Halve the red cabbage then grate it using a mandolin or slice it with a knife.

Peel and grate the carrots and chop the fresh onion.

Place the ingredients in a salad bowl.

Add two tablespoons of olive oil and a tablespoon of Tamari.

Mix well and serve chilled.

*Recipe from quinoa tabbouleh, from the book Diabetes is not a fatality, available on our website:
<https://www.drraphaelperez.fr/en/produit/diabetes-is-not-a-fatality/>*