

Red cabbage, feta and pomegranate salad

Preparation time 15 minutes

Ingredients:

- 1 tbsp. lemon juice
- 2 - 3 tbsp. extra virgin olive oil
- ½ tbsp. pomegranate molasses (optional, but delicious*)
- ¼ red cabbage, finely sliced
- ½ small red onion, finely sliced
- ½ pomegranate
- 3-4 pitted dates, finely sliced
- 50 g (1/4 pack) feta cheese
- A few sprigs of fresh mint or parsley, chopped

Directions:

- Mix together the lemon juice, olive oil and pomegranate molasses in a large bowl
- Add the cabbage and onion and toss well
- Remove the pomegranate arils and add them to the salad with the dates and herbs. Save any pomegranate juice and add to the salad.
- Crumble the feta on top, season and mix gently

*Pomegranate molasses is a key ingredient in Middle Eastern cooking and adds a great flavour and acidity to marinades, dressings and dips. Find in a health food store, ethnic food store or good supermarket. In this recipe you can replace it with a splash of balsamic vinegar, although the taste is not quite as special.

This robust salad tastes great with roast fish or meat. Sprinkle toasted sesame, pumpkin or sunflower seeds on top for added crunch. The pomegranate can be replaced with orange segments.