Turkish pickled red cabbage

Preparation time

45 minutes

Cooking time

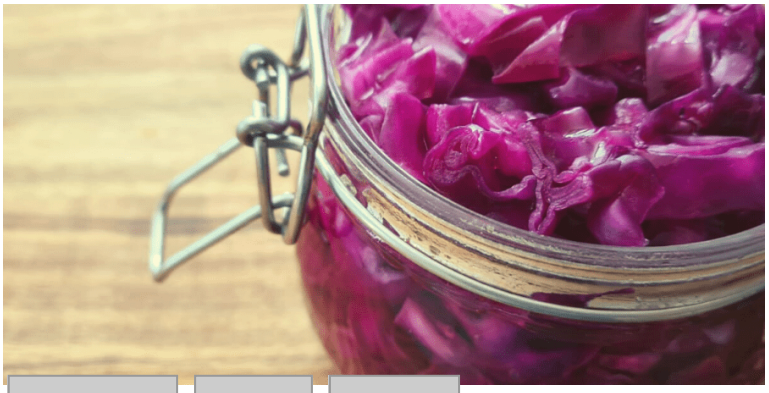
5 minutes (plus 3-4 days pickling time)

Serves

8

Recipe courtesy of

Tuo Tao, Accredited Practising Dietitian



Ingredients Method Nutrition

1/2 head of red cabbage

1/2 tbsp salt

2 cups water

1/2 cup apple cider vinegar

1/2 tbsp salt

1 tsp olive oil

1 tbsp lemon juice

1. Remove and throw away the white center of the cabbage. Cut it into thin slices (julienne cut) and put into a large bowl.
2. Sprinkle ½ tbsp salt all over and squeeze the cabbage pieces with your hands. Put aside for at least half an hour. Then rinse and drain.
3. Meanwhile, bring to boil the water, vinegar, ½ tbsp salt, olive oil and lemon juice for 3-4 minutes. Turn the heat off.
4. Once the liquid has cooled, layer the cabbages into the large clean glass jars, and cover the cabbages with the water. Cover the jars.
5. Keep the jars upside down. Put a few paper towel underneath in case small amount of juice comes out. Keep in the refrigerator for 3-4 days before serving. Once open, finish within 2 weeks.

Nutritional information is provided per serve

Engery	47 kj (11 calories)
Protein	1g
Saturated Fat	0g
Total Fat	0g
Carbohydrates	1g
Sugars	1g
Dietary Fibre	1g
Sodium	1152mg