



# 1. Cabbage, Beetroot & Pear Salad

Season: Autumn

From the garden: Beetroot, Cabbage, Pears, Parsley, Mint, Basil, Chives, Edible flowers.

Type: Salad                      Difficulty: Easy

Serves: 12 adults as a side dish/ 30 tastes

*Recipe source: Marco Edwardes*

Equipment	Ingredients
Grater	3 pears
Salad bowls	500g -650g Cabbage either red, savoy or white
2x Kitchen knife	1-2 beetroot small to medium
2x Chopping board	Handful of parsley, mint, basil, chives
Measuring jug	Edible flowers for garnish
	Dressing:
	2 tbsp. cider vinegar
	Juice of ½ lemon
	5 tbsp. EV olive oil

## How to make it:

1. Core the pears and slice very thin
2. Place in a bowl and drizzle with lemon juice or cider vinegar to stop them getting brown.
3. Slice cabbage very, very fine and add to the bowl.
4. Peel the beetroot and finely grate.
5. Add to the other ingredients

- 6. Chop all herbs, parsley, mint, basil, chives very finely and add to the salad bowl.**
- 7. Add all the ingredients for the dressing together and pour over the salad and mix well.**
- 8. Place Salad on nice serving platters or bowl and garnish with edible flowers and fresh herbs.**

Instead of beetroot you could also grate carrots or mix both for a great bright colour and extra goodness. Pears can be replaced with apples, or any type of stone fruit such as plums, peaches ect.