

COLESLAW

INGREDIENTS

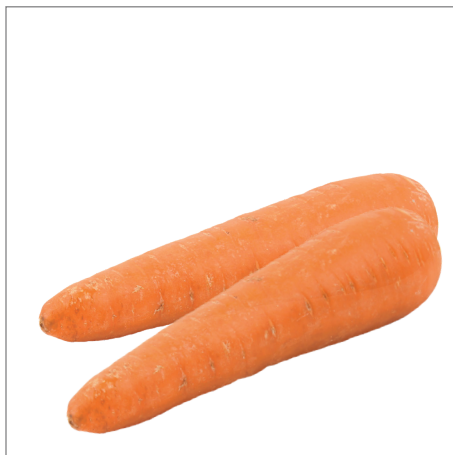
500 g white and red cabbage
2 large carrots
½ onion
1 bunch of leaf parsley
100 g curd
6 tbsp mayonnaise
2 tablespoons of vinegar
½ lemon juice
1 tablespoon of sugar
2 level teaspoons of salt
Pepper

PREPARATION

Remove the outer leaves from the cabbage. Quarter it and cut out the stalk. Cut it into very fine strips (approx. 1 cm) with a sharp knife. Peel the carrots and grate finely. Chop up some leaf parsley.

Peel the onions and cut them into small cubes (as fine as possible).

Put the cabbage and the carrots together with vinegar, lemon, salt and sugar in a bowl and knead everything well. Add the remaining ingredients, mix together, season with pepper and serve.



Vitamins C & E, Beta-Carotin, Carotinoide



A recipe recommendation from
CHARMANT
for your eye health