

Shaved Red Cabbage, Natural Lemon Verbena with Organic Apple Cider Vinegar and Pumpkin Seeds



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Immunity Inspired by Tea Recipes

Ingredients

Shaved Red Cabbage, Natural Lemon Verbena with Organic Apple Cider Vinegar and Pumpkin Seeds

- 2 tsp. Dilmah Natural Lemon Verbena
- Juice of 1 lemon
- 2 tbsp. olive oil
- 1 tbsp. honey
- Sea salt and freshly ground black pepper, to taste
- 2 tbsp. chopped toasted almonds
- 2 tbsp. chopped roasted pumpkin seeds
- ½ small head red cabbage, thinly sliced
- 1 red bell pepper, cut into thin matchsticks
- ¼ cup chopped fresh coriander

- $\frac{1}{4}$ cup chopped fresh parsley
- 2 mandarin oranges, segmented

GARNISH

- $\frac{1}{2}$ cup frozen shelled edamame, thawed
- $\frac{1}{2}$ apple, diced

Methods and Directions

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- In a large bowl, combine the olive oil, Dilmah Natural Lemon Verbena, lemon juice and honey; whisk until emulsified. Season with salt and pepper to taste.
- Add remaining ingredients (red cabbage through pumpkin seeds) and toss gently to combine. Add additional salt and pepper to taste. Serve at room temperature or slightly chilled

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