



Tray kasanegasane



# Grated Purple Cabbage and Carrot

The Anthocyanins in purple cabbage are a type of polyphenol, It is an antioxidant that removes active oxygen and inhibits oxidation.

Combined with orange, it makes a fruity salad.

Anti-ageing foodstuffs

Purple Cabbage

<Ingredients> For 2 servings

150 g purple cabbage

½ carrot

¼ teaspoon salt

½ orange

3 tablespoons white balsamic vinegar

Juice of ½ lemon

1 teaspoon honey

(A pinch of salt to taste)

<How to cook>

- 1 Cut the purple cabbage and carrots into strips.
- 2 Put them in a bowl with salt and let sit for about 5 minutes.
- 3 Drain and combine with the peeled orange.
- 4 Mix with white balsamic vinegar, lemon juice and honey.
- 5 Season to taste with salt.

★Refrigerate for 1 hour to allow the flavors to blend.

