

APPLE CABBAGE CRUNCH SALAD

Ingredients

- 1 apple quartered, cored and sliced thinly
- 3 stalks celery, washed and sliced thinly (including leaves)
- 1 piece cabbage plus any harvest cabbage leaves, shredded
- 1 small handful of sultanas
- 1 little bit chopped parsley

ORANGE DRESSING

Zest and juice of 1 orange

2 tsp Dijon mustard

1 tbs white wine vinegar or apple cider vinegar

Combine in a jar and give a good shake or whisk in a jug...

Then add sufficient oil to thicken a little.