

Sri Lankan Cabbage-Carrot Salad

This recipe was downloaded from getrex.co.nz. Download the REX app today to extract, organize and manage your recipes.



Prep: 10 Cook: 0 Rest: 180 Servings: 2

Ingredients

- 1 tbs ▸ Red Onion (optional)
- ½ tsp ▸ Roasted Black Pepper
- 1 ▸ Lime Juice
- 1 medium ▸ Carrot (optional)
- 1 tsp ▸ Roasted Cumin Powder
- 5 ▸ Fresh Curry Leaves (optional)
- 3 tbs ▸ Dried Unsweetened Coconut (optional)
- ½ head ▸ Cabbage
- 1 tsp ▸ Sea Salt
- 1 tbs ▸ Fresh Grated Coconut

Instructions

1. Prepare Coconut

If using dried coconut, add 4-5 tbsp of water to 3 tbsp of dried coconut, mix with your fingers, and let it sit for 10 minutes to soften.

2. Shred Cabbage and Carrot

Finely grate half a medium head of cabbage and 2/3 of a medium-sized carrot. Consider using a hand shredder for exercise and less cleanup.

3. Combine Ingredients

In a bowl, combine the shredded cabbage and carrot, red onion (if using), cumin powder, black pepper,

salt, curry leaves (if using), and coconut. Roll the lime in your hands to break up the cell walls before juicing, then add the juice. Start with 1 tbsp and adjust to taste.

4. Mix and Rest

Mix everything together thoroughly using your clean hands to crush and blend. Let the salad sit for at least a few hours, or preferably overnight, to allow the flavors to meld. The salad tastes even better the next day.

Source: <https://www.youtube.com/watch?v=PJb13u6x-U>