

Cabbage Thistle Salad with Blue Cheese and Apple Dressing

Ingredients (serves 4)

- 350 grams Cabbage
- 1 shallot
- 4 Tbsps White vinegar
- 1 Tbsp Apple juice
- 2 Tbsps Nut oil
- 2 Tbsps Canola oil
- 1 tsp Apple syrup
- salt
- freshly ground peppers
- 200 grams Blue cheese (such as Roquefort)

Instructions

1. Rinse the cabbage thistle leaves and shake dry and cut the large leaves into strips.
2. Peel the shallot and finely chop. In a bowl, whisk together the vinegar, apple juice, the two oils, the shallot and apple syrup. Season with salt and pepper.
3. Divide the cabbage thistle leaves on the plates. Cut the cheese into cubes, scatter over the salad and drizzle the apple dressing over.

