

When putting together a light summer plate I always like to add a slaw. Some may consider slaw boring, but it is incredibly versatile (you can literally add anything that can be finely sliced) and it can help boost your plant-based variety. For example, even this simple recipe contains 4 different fruits and vegetables, but you could easily add other ingredients like finely sliced fennel, celery, and/or kale to boost the variety further and get a wide range of beneficial phytochemicals (compounds found in plants).

Red cabbage, a member of the nutrient-dense cruciferous vegetable family, contains great levels of vitamin C, potassium, folic acid, vitamin B6, biotin, calcium, magnesium, and manganese. It also contains glucosinolates, including indole-3-carbinol, sulphoraphane, and isothiocyanates, which are phytochemicals with antioxidant and anti-inflammatory properties.

Apples are also good sources of vitamin C and potassium, as well as beneficial phytochemicals including ellagic acid and quercetin. They contain pectin, a soluble fibre, and one medium apple contains around 3 grams of fibre which is 10% of the recommended daily intake for fibre.

Red cabbage and apple slaw

(serves 4-6)

¼ medium red cabbage

1 medium apple (I used Royal Gala, but any eating apple will work)

½ red onion

1 medium carrot

1 tsp fennel seeds

2 tbsp plain live yoghurt

1 tbsp lemon juice

Pinch of salt and pepper



Cut the cabbage into quarters through the stalk and run one quarter through a mandolin or finely slice by hand. Do the same with ½ red onion and pop in a large mixing bowl.

Core the apple and slice thinly, then cut the slices into matchsticks. Grate the carrot and add both to the mix.

Gently crush the fennel seeds in a pestle and mortar, or with a rolling pin, and add to the fruit and vegetables along with the lemon juice, yoghurt, and a pinch of salt and pepper, mixing well.

I know fennel seeds aren't to everyone's taste, so feel free to substitute cumin seeds which also work well, or any herbs and spices you enjoy!

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