



red cabbage & orange fish salad



I have found a love for salads I never knew was there. As I explore this, I have now conceived my red cabbage orange fish salad!!!



Ingredients

1 cup of shredded red cabbage

½ an apple chopped

1 cu of roughly chopped lettuce

A handful of snowpeas

1 orange, sliced

For the dressing

3 tablespoons of olive oil

½ a teaspoon of orange zest

1 tablespoon of balsamic vinegar

1/2 teaspoon of minced ginger

2 tablespoons of honey

1 egg

½ a teaspoon of ginger

For the fish

½ a kg of tilapia

½ a teaspoon of coriander powder

1 tablespoon of orange zest

1 teaspoon of garlic powder

1 cup of bread crumbs

1 egg

Method

In a bowl, add all the chopped vegetables and fruit and toss. Lightly sear the snow peas until they are cooked but still retained their color and texture. Add them to the bowl as well.

For the dressing, add all the ingredients into a jar, give it a good shake and once combined, you are done. Give it a taste and adjust for any ingredient that will need adjusting. If everything is in balance, proceed to dress the salad.

For the fish, mix the bread crumbs with the garlic powder, coriander spice, orange zest and some salt. Whisk the egg, dip the fish and toss in the crumbs. Fry the fish and serve it beside the salad while hot.



SERVE WITH: on it's own <3

This recipe was brought to you by Kaluhi's Kitchen from: <http://www.kaluhiskitchen.com/red-cabbage-orange-fish-salad/>

Video: <https://youtu.be/ye5fW5RqWnY>