

## **Wombok Salad**

Gluten Free Dairy Free Low  
Salicylate

**Serves 4-6**

### **Ingredients:**

Half a wombok cabbage  
Quarter of a purple cabbage  
200g green beans  
Small can 4 bean mix  
1 packet mung beans sprouts  
2 shallot  
2 sticks celery  
Salt to taste



### **Dressing:**

**Recipe page 49 RPAH Elimination diet handbook**

¼ cup Canola oil (or other allowed oils)

pinch of salt

½ tsp citric acid

½ tsp brown sugar

2 Tbsp water

Combine all the ingredients together and mix/shake/whisk well

### **Method:**

- Cut green beans into 3cm pieces and microwave for 3 minutes; cool
- Cut the wombok and purple cabbage into thin strips
- Finely dice the celery
- Dice shallot into 3cm pieces
- Drain and wash the bean mix
- Place all the chopped vegetables, bean mix and mung beans into a serving bowl
- Combine the dressing ingredients and mix through the salad just before serving

### **Serving suggestions:**

- Great as a meal accompaniment
- Or take a portion for lunch
  - To add more protein to it for lunch you could add:
    - boiled egg,
    - pre-cooked chicken,
    - tofu,
    - cashews or chickpeas/other beans/lentils