

PERKY KOHLRABI SALAD

Like cabbage, kohlrabi can be eaten raw or cooked. My dad likes to eat it like a pear, cut into wedges, crunchy and raw. I love it in simple slaws, like the recipe below. You can also roast it and use it in soups either chunky or pureed. Kohlrabi leaves can be shredded and added to salads or soups too. You can find green and purple varieties - if they look particularly leathery, peel the outer layer, but I don't usually find it necessary for this recipe.



Serves: 4-6, as a side salad

Time: 10 minutes



INGREDIENTS

1 (approx. 400 grams / 14 oz) kohlrabi, trimmed, cut in 6 pieces
10-12 mint leaves
40 grams (1.4 oz) olive oil
30 grams (1 oz) Chardonnay vinegar
salt flakes
1-2 radishes, finely sliced
handful baby spinach
handful pecan nuts



METHOD

1. Place kohlrabi, most of the mint leaves, olive oil, vinegar and salt in mixing bowl. Chop **3 sec/speed 5**. Check if kohlrabi is all chopped - if not, continue for **1 sec/speed 5**.
2. Turn into salad bowl and gently toss with sliced radish, spinach and broken pecan nuts, reserving a few.
3. Taste for salt and garnish with reserved, roughly torn mint leaves.

Tips

- Look for firm kohlrabi that don't give at all to the touch.
- This salad is best fresh but it does keep for a day in the fridge.
- Serve it with crusty bread and cheese for a simple supper, as a side for a barbecue or for lunch on its own.

Variations

- Add a carrot to the mixing bowl, if you like.
- Use parsley instead of mint.
- Use walnuts instead of pecan nuts.



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SHOPPING LIST:

- Kohlrabi (1) (approx. 400 grams / 14 oz)
- Mint leaves (10-12)
- Olive oil (40 grams / 1.4 oz)
- Chardonnay vinegar (30 grams / 1 oz)
- Salt flakes
- Radishes (1-2)
- Baby spinach (handful)
- Pecan nuts (handful)



NOTES & TIPS: