

Tickle your tastebuds with feel-good recipes from Dr. Olivier Courtin that help promote beautiful skin.

RED CABBAGE, BEET AND BLACK RADISH SALAD

RECIPE

Grate the cabbage, crush the hazelnuts, mince the onion or shallot and cut the beet and black radish in thin slices.

Prepare the vinaigrette. Mix, sprinkle with parsley.

Serve chilled.



FOR 4 people

PREPARATION 15 minutes

- 1 red cabbage weighing about 2 lbs. (1 kg)
- 7 Tbs. (60 g) hazelnuts, shelled
- Spring onion or shallot
- Black radish
- Chioggia beet
- Flat-leaf parsley

VINAIGRETTE

- 1 Tbs. sesame oil
- 3 Tbs. olive oil
- 1 Tbs. lemon juice