



YOU CAN COOK  
AND YOU DO HAVE THE TIME

## Kev's Kitchen

### CABBAGE & CUCUMBER

**Time: 15 minutes**

**Serves: 4**

#### **Ingredients:**

1 small head Taiwanese (or Napa) Cabbage – shredded  
1 teaspoon kosher salt  
1 ½ teaspoons seasoned rice vinegar  
Sugar substitute equivalent to 1 teaspoon sugar  
1 teaspoon sesame oil  
1 large cucumber – peeled, seeded and julienned  
4 green onions – sliced

#### **Preparation:**

Toss the cabbage with the salt and set aside while you prepare the other ingredients.

In a small bowl, dissolve the sugar substitute in the vinegar, then whisk in the oil.

Toss the cucumber, onions and dressing with cabbage.

Serve immediately.

#### **Nutritional Information Per Serving:**

Calories: 60  
Fat: 1g  
Carbs: 11g  
Fibre: 4g  
Protein: 3g