

The raw food movement has really taken off, and research shows that adopting an all plant-based diet can be beneficial for a period of time to cleanse the body. I like to eat a portion of my food raw—including vegetables, meat, and seafood—as I find it makes me feel great. This raw, crunchy salad is an excellent dish to add to your repertoire alongside pretty much any meal featured in this book. It's a great way of getting some beneficial micronutrients into your body.

## ROOT VEGETABLE SLAW WITH CHERVIL MAYONNAISE

SERVES 4 TO 6

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2 beets, peeled  
2 carrots, peeled  
½ celery root, peeled  
1 kohlrabi bulb, peeled  
¼ head red cabbage,  
cored and shredded

1 large handful of thinly  
sliced fennel bulb  
½ cup (120 ml) aioli  
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Juice of 1 lemon  
3 tbsp chopped fresh chervil

2 large handfuls of fresh  
mint leaves, shredded  
2 handfuls of fresh flat-leaf  
parsley leaves, coarsely  
chopped  
½ tbsp finely grated  
lemon zest

Slice the beets, carrots, celery root, and kohlrabi paper thin. Stack a few slices at a time on top of each other and cut them into matchstick strips. Alternatively, use a mandoline or a food processor with the appropriate attachment. Combine all the strips, the cabbage, and fennel in a large bowl and cover with cold water. Set aside.

To make the chervil mayonnaise, combine the aioli, lemon juice, and chervil and mix well.

Drain the vegetables and dry well with paper towels. Dry the bowl and return the vegetables to the bowl.

When you are ready to serve, add the mint, parsley, lemon zest, 1 tsp freshly cracked black pepper, and chervil mayonnaise. Toss well, taste, and add sea salt if needed. Serve at once.