



Harissa Pickled Red Cabbage

By Chef Veera Gaul, Ph.D.



Ingredients

(* indicates my preferred ingredients – see notes for alternatives)

- ¼ cup O&V **Harissa Apricot** *
- 1 large yellow bell pepper, thinly sliced
- 3 cups shredded red cabbage (packed well)
- ¼ cup O&V [Chardonnay White Wine vinegar](#) *
- 2 tablespoons fresh lemon juice
- 1 tablespoons sugar
- 1 ½ teaspoons kosher salt (more to taste)
- 1-2 tablespoons labneh (See Chef Tip)

Preparation

Toss the bell pepper and shredded cabbage with the harissa in a large nonreactive bowl until well coated with the harissa.

Add the vinegar, lemon juice, salt and sugar and toss well to combine

Cover and chill for at least one hour (two days maximum), tossing occasionally. Place in a bowl and add dollops of labneh.

Serve with tacos, flatbreads, hot dogs, veggie or meat burgers such as [Sweet & Spicy Naan Flatbread](#), [Greek Lentil Cakes](#), [Black Bean Burgers](#), or [Curried Cauliflower Tacos](#).

Serves 6-8

Active time 10 minutes Total Time: 70 minutes includes chilling time

Chef Tip

You can purchase Labneh at many middle eastern grocery stores and specialty food stores, but if you have trouble finding it, just email me for a quick, 2 ingredient recipe that you can make at home. Labneh is creamy, tangy and a great addition to your tapas table.

Notes

* The sweet heat of the **Harissa Apricot sauce** is the star of this condiment, but you can create your own by adding apricot preserves to store bought harissa until you get a good balance of hot and sweet. The [Chardonnay White Wine vinegar](#) adds good tang without being harsh or too vinegary. You can substitute with a milder [Champagne vinegar](#) or with any other good quality white wine vinegar. The highlighted products are available at [Oil & Vinegar stores](#)

Categories: Snacks & Sides, Vegetarian, Vegan Option, Gluten Free, Plant Based, Spicy Side, Red Cabbage, Harissa Apricot, Chardonnay White Wine Vinegar, Labneh, Healthy, Condiment, Probiotics, Pickled Vegetables,