

Coleslaw

Serves 4



Ingredients (allergens in bold)

- 1 small red/brown onion – finely chopped or sliced
- 1 large carrot – peeled & grated
- ¼ small white cabbage – shredded
- 2 eating apples – sliced or cubed
- 2 celery sticks – washed & diced
- Juice of 1 lemon
- 3 tablespoons light salad cream or mayo

Method

1. Prepare the onion, carrot, cabbage, apple and celery.
2. In a bowl add the salad cream and squeeze in the lemon juice.
3. Mix thoroughly.
4. Add in the chopped fruit/vegetables to the salad cream.
5. Mix thoroughly so all fruit/veg is covered.
6. Serve!



Equipment

- Tablespoon
- Lemon squeezer
- Chopping board
- Sharp knife
- Peeler
- Grater
- Mixing bowl

Recipe notes and tips

- Try replacing salad cream or mayonnaise with a natural yogurt or Greek yogurt.
- Try using purple cabbage for that extra colour, flavour & crunch!
- Add in dried fruit for a sweeter taste.
- Add in grated cheese for a savoury cheesy coleslaw.
- Nuts are a great addition to a coleslaw such as walnuts & peanuts.
Mixed seeds make for a delicious crunchy coleslaw.