

Coleslaw

Basic Recipe

- ¼ red or white cabbage
- 1 carrot
- ¼ Spanish or red onion (mild) or a few spring onions

Extra ingredients you could add: (choose from the list or use your own ideas)

- 1 tablespoon raisins or sultanas
- 1 stick celery
- 1 apple, chopped or grated
- ¼ red, green or yellow pepper
- A few pineapple chunks
- 1 tablespoon sweetcorn
- 1 tablespoon chopped dates or apricots,
- few mushrooms, chopped or sliced.
- Small portion cucumber, diced
- Cherry tomatoes, quartered
- 50 g diced or grated cheese



Dressing (choose one, or a combination of 2 of the following)

- 3 tablespoons mayonnaise OR salad cream OR natural yoghurt OR natural, unsweetened, Fromage frais

This can be flavoured with: (optional/choose one)

- chopped herbs e.g. parsley, chives or mint,
- ½ teaspoon chilli powder, OR ½ teaspoon curry powder OR 1 teaspoon curry paste
- grated rind of 1 lemon or orange
- 1 teaspoon mustard

Method

1. Remove outer leaves from cabbage. Wash or peel other fruits and vegetables as necessary.
2. Finely shred cabbage and place in a mixing bowl.
3. Grate carrot, add to the bowl.
4. Chop, slice or grate other ingredients, as desired, add to the coleslaw.
5. Finally, chop the onion, stir it into the coleslaw.
6. In a small bowl, mix dressing and flavouring ingredients together.
7. Add enough dressing to the coleslaw to make a moist mixture.
8. Spoon carefully into a clean dish to serve.

- **Bring a suitable container and your recipe to follow**

Name