Coleslaw

Ingredients
Serves 4

¼ small cabbage, shredded
2 carrots, grated
½ apple, grated
2 tablespoons vinegar
3 tablespoons oil

Method
1. Mix cabbage, carrot, apple, vinegar and oil together in a bowl, then serve.

Serving suggestion
• Serve with char grilled meats, burgers, baked or roasted chicken.

Variations
• Use an Asian-style dressing in place of the vinegar and oil.
• Use red cabbage to make a purple slaw.
• Add sliced celery and/or capsicum.

Equipment

Bowls
Cutting board and knife
Grater
Measuring spoons

Preparation and cooking skills
Grate, mix, shred.

Nutrition
• Cabbage and carrots are a good source of dietary fibre which helps keep things moving in the digestive tract and helps keep you full for longer.
• Eating plenty of different coloured vegetables means you’ll get a wide range of nutrients which helps you to learn and grow, and stops you from getting sick.