

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.