

CRUNCHY COLESLAW



INGREDIENTS

Serves 2

Dressing

- * 1/4 red cabbage
- * 2 small carrots
- * 4 strands of chive
- * salt & pepper
- * 2 tbsp natural yogurt
- * 2 tbsp mayonnaise
- * 1 tbsp wholegrain mustard

tasty alternatives...

- * use green cabbage instead of, or with, the red cabbage.
- * add spring onion
- * add fresh parsley
- * add grated cheese

EQUIPMENT



Caution!

Children should always be supervised when using sharp kitchen equipment such as knives.

METHOD

1. Shred the cabbage.
2. Peel and grate the carrots.
3. Snip the chives.
4. Mix all the dressing ingredients together with a fork and combine with the vegetables.
5. Season to taste.

healthy facts...

- * cabbage is known throughout Europe as the 'medicine of the poor' due to its many health benefits such as its high content of vitamin A, C and folic acid.
- * carrots contain lots of beta-carotene that converts to vitamin A in the body.,

skills...

- * combining ingredients
- * using a knife
- * mixing

Taking care!

- * Always wash your hands
- * Keep equipment and surfaces clean