

CRISP APPLE COLESLAW

SERVES 4



Crispy coleslaw with the sweet crunch of apple and delicate tang of lemon- the perfect side to any summer's day BBQ.

INGREDIENTS

1/8 white cabbage
1 small red onion
1 carrot
1 red apple
½ lemon juice
1 heaped tbsp low fat mayonnaise

ALLERGY ADVICE

Contains eggs

DIETARY COMPONENTS

If you choose light mayonnaise with olive oil, the calories are significantly less. Check the nutrition content on the pack before choosing any type of mayonnaise as it can be rich in fat and packed with calories. Limited use is recommended by dietitians.

EQUIPMENT

Knife
Chopping board
Mixing bowl
Spatula
Spoon measures
Vegetable peeler
Juicer
Apple corer

METHOD

1. Using a vegetable peeler carefully shave fine ribbons of the cabbage. Place into the mixing bowl.
2. Peel the onion and cut in half. Finely slice then add to the cabbage.
3. Peel, then coarsely grate the carrot and add to the bowl.
4. Remove the apple core, cut into ¼'s then thinly slice. Combine with all the ingredients in the mixing bowl and mix using the spatula.
5. Finally, add the lemon juice and mayonnaise. Mix thoroughly to bind.
6. Place into the refrigerator until you are ready to serve.