learn

COLESLAW

EDUCATIONAL Wooden Spoon KIDS COOKING CLUB

Prep time
10 min

Cooking time
0 min

Portions
4-6



Coleslaw

Ingredients

100 g carrots, grated
100 g green cabbage, finely sliced
100g red cabbage, finely sliced
1 apple, cut into matchsticks
1 spring onion, thinly sliced

Dressing

150g plain yogurt
½ lemon's juice
pinch of salt
½ tsp apple cider vinegar
1 tsp honey

Equipment

measuring cups and spoons
grater
bowl
spoon
chopping board
knife
vegetable peeler

Method

Step 1 Mix dressing ingredients in small bowl, stir.

Step 2 Chop apple and spring onion. Grate carrot and slice cabbages.

Step 3 Add salad ingredients to a bowl, add dressing and stir.

Chef Notes

- Slice the cabbage as thinly as possible so it is easier to eat.
- The vinegar gives a pickling flavour and softens the vegetables.
- Add the dressing just before serving to keep the vegetables crunchy.
- Taste and adjust the seasoning with salt, pepper, and lemon juice if needed.

Skill Badges

HEALTH HERO

FLAVOUR MASTER

KNIFE SKILLS PRO