



# APPLE SLAW

**Season:** All year  
**From the garden:** Apples, cabbage, carrot, mint, parsley  
**Type:** Side dish  
**Difficulty:** Easy  
**Country of origin:** Netherland  
**Serves:** 4 serves or 25 tastes  
**Source:** Nadia Lim

## Equipment

- \*chopping board and knife
- \*grater
- \*salad bowl
- \*mixing spoon
- \*jam jar
- \*citrus juicer
- \*measuring spoons

## Ingredients

- \* $\frac{1}{4}$  red or green cabbage
- \*2 carrots
- \*2 apples
- \*handful each of mint and parsley
- \*2 tbsp olive oil
- \*juice of  $\frac{1}{2}$  lemon
- \*1 tbsp honey
- \*1 tsp mustard
- \*pinch of salt and pepper to taste

## Method

1. shred the cabbage as fine as possible

**2.grate the carrots**

**3.core the apples (no need to peel) and cut into matchsticks**

**4.tear or cut the herbs into small pieces**

**5.place the cabbage, carrot, apple and herbs into a salad bowl**

**6.add all the ingredients for the dressing into a jam jar and shake to combine**

**7.pour the dressing over the slaw and mix**

**Notes:**

**Skills: measuring, *mixing, grating, juicing***