



CABBAGE, CUCUMBER AND CORN SALAD

Season:	Summer, autumn
From the garden:	Cabbage, cucumber, corn, chives, parsley
Type:	Side dish
Difficulty:	Moderate
Country of origin:	
Serves:	6 serves or 35 tastes
Source:	olgasflavourfactory.com

Equipment

- *chopping board and knife
- *mixing spoon
- *salad bowl
- *measuring spoon

Ingredients

- * $\frac{1}{3}$ of a large cabbage
- *1 medium cucumber
- *1 large corn cob
- *1 apple
- *handful of fresh herbs
- *2 tbsp mayonnaise
- *1 tbsp sour cream
- *1 tbsp lemon juice
- *salt and pepper to taste

Method

1. microwave the corn with the husk still on for 4 minutes, let it cool down, remove the husk and cut the kernels off
2. remove the hard core from the cabbage and shred finely
3. cut the cucumber in half lengthwise and scrap out the seeds
4. cut the apples in quarters and remove the core

5.julienne (cut into thin matchstick-size sticks) the cucumber and apple

6.chop the herbs finely

7.mix the salad vegetables with the dressing ingredients and season with salt and pepper

Skills: *measuring, chopping, shredding, cutting vegetables into matchsticks*