



MULTI COLOR SLAW

Season:	Autumn
From the garden:	Cabbage, beans, carrots, cucumber
Type:	Side dish
Difficulty:	Easy
Country of origin:	
Serves:	30 tastes
Source:	foodyhealthylife.com

Equipment

- *chopping board and knife
- *microwave safe bowl
- *large salad bowl and mixing spoon
- *grater
- *measuring spoons
- *garlic press

- *jam jar

Ingredients

- *1 small cabbage (red or green)
- *big handful of green beans
- *1 medium carrot
- *1 medium cucumber
- * $\frac{1}{2}$ of a medium red onion
- *3 tbsp toasted sunflower seed

DRESSING:

- *2 garlic cloves-minced
- *2 tbsp salad oil
- *1 tbsp honey
- *2 tbsp mustard
- *1 tsp vinegar
- *1 tsp soy sauce
- * $\frac{1}{4}$ tsp salt

Method

- 1.slice the cabbage, onion and cucumber as thinly as possible (peel and deseed cucumber if necessary)

2.grate the carrot

3.cut the ends of the beans and then cut in half or thirds

4.cook the beans with a little water in the microwave for around 4 minutes until just tender. Drain and rinse with cold water

5.add all the ingredients for the dressing into a jam jar (warm honey in the microwave to liquidize if necessary) and shake to combine

6.add all the vegetables and sunflower seeds into a large salad bowl and pour the dressing over. Mix to combine

Skills: *measuring, chopping, slicing*