



# KOHLRABI & CARROT SLAW

**Season:** Autumn - Spring  
**From the garden:** Kohlrabi, cabbage, carrots, coriander and other herbs  
**Type:** *salad*  
**Difficulty:** *easy*  
**Serves:** *30 tastes*  
**Source:**

<https://www.thekitchn.com/recipe-kohlrabi-and-carrot-slaw-recipes-from-the-kitchn-46627> and <https://www.ambitiouskitchen.com/best-healthy-coleslaw-ever-no-mayo/>

## Equipment

- Chef's knife
- Chopping board
- Grater
- Large bowl
- Vegetable peeler
- Tablespoons
- Teaspoons
- Garlic crusher
- Small jug or bowl

## Ingredients - salad

- \* 1 large kohlrabi
- \* ¼ cabbage head
- \* 2 medium carrots
- \* bunch of coriander
- \* bunches of any other fresh herbs
- \* ¼ c raisins or sultanas (optional)

## Ingredients - dressing

- \* 2 tablespoons extra virgin olive oil
- \* 2 tablespoons apple cider vinegar
- \* 2 tablespoons either pure maple or apple syrup
- \* 1 clove garlic, minced
- \* ¼ teaspoon cayenne pepper (optional)
- \* ½ teaspoon salt
- \* Freshly cracked black pepper
- \* Sunflower seeds or sliced toasted almonds

## Method - Salad

1. Wash the kohlrabi and remove the stems and leaves. If you have a young, tender kohlrabi, you won't need to peel the bulb; otherwise, peel the rough skin.
2. Either grate the Kohlrabi or cut it into 'matchsticks'. Add to a large sized bowl.

3. Wash and shred the cabbage by slicing it into small pieces. Add to the bowl.
4. Peel the carrots. Cut ends off. Grate them or chop them into matchsticks. Add to the bowl.
5. Wash, chop & dry the coriander. Add to the bowl.
6. Add raisins (if using) to the bowl.

### **Method - Dressing**

1. In a small jug or bowl, whisk together all the ingredients for the dressing (**except the sunflower seeds / almonds**).
2. Taste and adjust seasonings as necessary.
3. Pour dressing all over the slaw and toss well to combine.
4. Before serving, sprinkle with almonds and/or sunflower seeds
5. Toss again and serve.

### **Notes:**

- *If you have time, cover and place the dressed kohlrabi and carrot slaw in the fridge for at least an hour before serving. This gives time for the flavors to marinate together.*
- *Did you know that Kohlrabi leaves, (like turnip leaves), can be eaten? They are very nutritious - abundant in carotenes, vitamin-A, vitamin-K, minerals, and the B-complex group of vitamins.*
- *Kohlrabi leaves can be used much like spinach. Kohlrabi leaves taste best when cooked or steamed, but they may also be eaten chopped up in salads. Harvesting kohlrabi leaves in early spring is the best time to get flavorful, tender greens.*

**Skills:** *slicing finely, peeling, grating / chopping into matchsticks, crushing garlic with a garlic press*