



APPLE SLAW

Season: Autumn
From the garden: Apples, cabbage, radish, 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
- *3-4 radishes
- *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 (or use a food processor)

2. cut radishes into discs, and then into matchsticks
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*