



# CABBAGE, CARROT AND APPLE SLAW WITH ORANGE VINAIGRETTE

**Season:** All year round  
**From the garden:** Cabbage, carrot, parsley, orange  
**Type:** Salad  
**Difficulty:** Easy  
**Country of origin:** USA  
**Serves:** 6 serves or 30 tastes  
**Source:** Andrea Habacht, GTT Kitchen specialist, Oropi School

## Equipment

- \*chopping board
- \*knife
- \*grater or food processor
- \*measuring cup and spoons
- \*frying pan
- \*wooden spoon
- \*salad bowl

- \*measuring spoons
- \*mixing bowl
- \*whisk
- \*citrus juicer

## Ingredients

- \*1 small green or red cabbage
- \*2-3 medium carrots
- \*2 apples
- \* $\frac{1}{2}$  cup raisins
- \* $\frac{1}{2}$  sunflower seeds
- \*2 mandarins or 1 orange (optional)
- \* $\frac{1}{2}$  red onion
- \*handful of parsley

## For Vinaigrette

- \*4 tbsp olive oil
- \*2 tbsp vinegar
- \*1 tbsp honey
- \*3 tbsp orange juice

**\*salt and pepper to taste**

## **Method**

- 1.wash cabbage, parsley, carrots and apples**
- 2.either grate the carrots and shred the cabbage or use food processor**
- 3.cut apples into quarters, take out the core, slice and then cut into matchsticks**
- 4.toast sunflower seeds in a dry frying pan over medium heat until golden brown**
- 5. peel mandarins or oranges if using, and separate into segments**
- 6. peel onion and slice thinly, pull leaves of parsley and put stems in the compost**
- 7. put the shredded cabbage, grated carrots, parsley, apple matchsticks, raisins, onion, orange and toasted sunflower seeds into a salad bowl**
- 8. for the vinaigrette, cut the orange in half and juice**
- 9. measure all the vinaigrette ingredients into a bowl and mix. Taste and season with salt and pepper, or add more honey and vinegar if necessary**
- 10. mix the slaw with the vinaigrette and serve**

**Notes:**

**Skills: measuring, *mixing*, *cutting***