

## Coleslaw

Great served with cold chicken and new potatoes, or the Veggie Fajitas recipe available on our website.



Egg, milk and mustard\*

Nutritional information per portion (129g):

Energy 424kJ 101kcal 5%	Fat 2.6g 4%	Saturates 0.4g 2%	Sugars 18g 20%	Salt 0.35g 6%
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of an adult's reference intake.  
Typical values per 100g: energy 329kJ/78kcal.

### Equipment

Sharp knife  
Chopping board  
Grater  
Large salad bowl  
Measuring spoons  
Spoons or salad servers to mix

### Ingredients

**Serves 4 as a side dish**  
½ white cabbage  
1 large carrot  
2 x 15ml spoons reduced-fat mayonnaise  
1 x 5ml spoon mustard  
1 x 5ml spoon honey  
2 x 15ml spoons raisins  
OR dates (optional)  
Black pepper (optional)

\*Presence of allergens can vary by brand – always check product labels. If you serve food outside the home you must make allergen information available when asked.

### Method

1. Wash the cabbage and carrot.
2. Trim the ends of the carrot and grate, then finely shred the cabbage.
3. Mix the mayonnaise, honey, mustard and pepper (if using) together in the salad bowl.
4. Place the cabbage and carrot into the salad bowl. Add raisins or dates (if using). Mix well with the dressing and serve.

### Top Tip

- A quick way to make sure the dressing coats the coleslaw is to place all the ingredients into a large plastic tub. Make sure the lid is on securely then shake it up.



### Something to try next time

- Customise your coleslaw. Choose from: 2 x 5ml spoons of finely chopped herbs of your choice, a finely chopped onion, a finely chopped apple (brush with lemon juice to stop it turning brown), 20g of halved grapes or 20g of grated cheese.
- Swap half of the mayonnaise for natural yoghurt for a creamy taste.
- Try layering up the customised coleslaw with salad in a box to make a tasty packed lunch.

### Prepare now, eat later

- Coleslaw will keep covered in the fridge for up to 1 day.

### Skills used include:

Washing, measuring, chopping, grating, mixing/combining and serving.