



Coleslaw

Great served with cold chicken and new potatoes, or the Tomato Tart recipe available on the Club Zone area of the Let's Get Cooking website.

Nutritional information per portion (120g):

calories	fat	saturates	sugars	salt
74.2	2.6g 4%	0.4g 2%	11.4g 13%	0.4g 7%

of an adult's guideline daily amount



Egg (in the mayonnaise)

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 a white cabbage
1 large carrot
2 x 15ml spoons low-fat mayonnaise
1 x 5ml spoon mustard
1 x 5ml spoon honey
20g raisins OR dates (optional)
Black pepper (optional)

Method

1. Wash the carrot then trim the ends and grate.
2. 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 finely chopped herbs of your choice, a finely chopped sliced onion, 20g of finely chopped nuts (check for allergies), a finely chopped apple (brush with lemon juice as it turns brown fast), 20g of halved grapes, 20g of grated cheese or 20g of sunflower seeds.
- 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.

