

RED CABBAGE AND APPLE COLESLAW

Equipment needed –

Measuring spoons, measuring jug, knives, chopping board, large bowl, food processor, frying pan and 3 serving bowls.

Ingredients from the Garden –

- ½ med red cabbage (800grams)
- 300 grams of green apples

Ingredients from the Pantry –

- 2 tablespoons of caraway seeds, toasted
- 2 teaspoons of Dijon mustard
- ½ cup of olive oil
- 2 tablespoons of raspberry vinegar

What to do –

1. Cut the apples into match-stick sized pieces. Place the apple in a large bowl.
2. Finely shred the red cabbage using the food processor. Add the shredded cabbage into the large bowl with the apple.
3. Measure out 2 tablespoons of caraway seeds into a frying pan. Heat over a medium heat until fragrant. Add the toasted caraway seeds in with the cabbage and apple.
4. Measure out ½ cup of olive oil into a measuring jug.
5. Add 2 tablespoons of raspberry vinegar and 2 teaspoons of Dijon mustard and mix well to combine.
6. Drizzle the dressing over the cabbage and toss gently to combine.
7. Divide the coleslaw evenly between 3 serving bowls and serve.

Serves –

- 28 students.