

## COLESLAW

### UTENSILS:

Green or white chopping board, grater, vegetable peeler, garlic crush, large bowl, small bowl, chef's knife.

### INGREDIENTS:

Red & Green Cabbage

1 Carrot

1 Apple

½ Red onion

Ginger

2 cloves Garlic

½ Tablespoon Mint

### ***Dressing:***

1 Tablespoon Red Wine Vinegar

Splash of Oil

2 Teaspoons Raw Sugar

Squeeze of Lemon Juice

Salt & Pepper

## **METHOD:**

Slice Cabbages finely

Grate Carrot

Peel and Grate Apple

Peel and dice onion

Finely slice Ginger

Crush Garlic

Finely chop Mint

Place all of the above ingredients into the large bowl.

### ***Dressing:***

Add all of the dressing ingredients into the small bowl and mix well.

Drizzle the dressing into the large bowl and toss gently.

Serve.