

coleslaw

Equipment:

knife, chopping board, salad spinner, measuring cups and spoons, bowls

Ingredients:

¼ green cabbage
a few purple cabbage leaves
approximately 10 mint leaves
2 stalks parsley
1 spring onion
1 carrot

Dressing:

¼ cup mayonnaise
a little freshly squeezed orange juice
½ tspn mustard

Method:

Cut out any core in the green and purple cabbage, then finely slice. Wash and spin dry. Wash other vegies and herbs. Spin dry parsley, spring onion and mint in the salad spinner. Peel skin off carrots, discard, then peel the carrots into long strips. Finely slice the onion, mint and parsley.

Toss everything together.

In a small bowl mix mayonnaise, mustard and enough orange juice to make a nice tasty dressing. Season to taste. Stir through the salad, and serve.

** The thinner you can slice the cabbage, onion and herbs, the yummiier the salad is.