

coleslaw

Equipment:

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

Ingredients:

¼ cabbage
3 sprigs mint- approximately 30 leaves
5 stalks parsley
1 small red onion
2 carrots

Dressing:

approximately ½ cup mayonnaise
salt, pepper

Method:

Cut out any core in the cabbage, then FINELY slice. Wash and spin dry. Wash other vegies and herbs. Spin dry parsley 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.

Stir the mayonnaise through the salad, season and serve.

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