

fennel coleslaw

Equipment:

knife, chopping board, salad spinner, measuring cups and spoons, bowl, grater

Ingredients:

1 cabbage
3 small fennel bulbs
2-3 small radishes
½ purple onion
2 oranges

Dressing:

¾ cup mayonnaise
left-over orange juice (2-3 TBLSPNS)
murray river salt to taste

Method:

Slice stalks off fennel. Cut in half lengthwise, and cut core out. Thinly slice lengthwise, then leave to soak in some cold water. Finely slice cabbage, then wash.

Leave the leaves on the radishes (easier to hold), wash and cut off any hairy bits.

Spin dry cabbage and fennel in the salad spinner.

Finely slice the purple onion. Grate radishes, holding by the stems.

Cut oranges into quarters then cut flesh out, trying not to take any of the white pith. Slice as thinly as possible, catching the juice for the dressing. Toss everything together.

In a small bowl mix mayonnaise, orange juice and salt. Stir through the salad, season to taste and serve.

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