

fennel coleslaw

Equipment:

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

Ingredients:

¼ small cabbage
1 small fennel bulb
1 large, or 2 small radishes
1 spring onion
1 orange
a little chopped parsley

Dressing:

¼ cup mayonnaise
left-over orange juice (1 TBLSPN?)
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. Wash spring onion. Spin dry cabbage and fennel in the salad spinner. Finely slice the spring onions, using as much green as you can. Grate radishes, holding by the stems.

Cut orange 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 yummiest the salad is.