

COLESLAW

Makes 4 servings



INGREDIENTS	EQUIPMENT
3 tablespoons light salad cream juice of 1 lemon 2 eating apples – quartered, cored and diced 1 onion – peeled, halved and thinly sliced 1 large carrot – peeled and coarsely grated ¼ (approximately) small white cabbage - shredded 2 celery sticks – washed and diced	tablespoon lemon squeezer chopping board sharp knife peeler grater tablespoon mixing bowl

METHOD

1. Place the salad cream in the mixing bowl with the lemon juice.
2. Add the apple and, with a spoon, coat all the pieces with the salad cream and lemon juice.
3. Add the remaining ingredients and mix well. Spoon into a serving dish.

RECIPE NOTES AND TIPS

- Use spring onions in place of the regular onions for a different flavour.
- Shredded fennel and grated parsnip work well as additions in this recipe.
- A mixture of light mayonnaise with reduced fat crème fraiche can be used instead of salad cream.

ALLERGY AWARE

This recipe contains:

- Egg (salad cream)
- Celery

Per 194g serving

	ENERGY	
	390kJ / 93kcal	5%
LOW	FAT	
	2.3g	3%
LOW	SATURATES	
	0.3g	2%
MED	SUGARS	
	13.2g	15%
LOW	SALT	
	0.1g	<1%

% of an adult's reference intake

Typical values per 100g : Energy 201kJ / 48kcal

NUTRITION INFORMATION		
Typical Values	Amount per 100g	Amount per serving (194g)
Energy	201kJ / 48kcal	390kJ / 93kcal
Protein	0.8g	1.6g
Carbohydrate (of which sugars)	7.3g (6.8g)	14.2g (13.2g)
Fat (of which saturates)	1.2g (0.2g)	2.3g (0.3g)
Fibre	2.3g	4.5g
Salt	Trace	0.1g