

Green Spicy Coleslaw

Season: Autumn/Winter/Spring

Makes: 30 tastes in the classroom
or 6 at home

Fresh from the garden: apple, cabbage, coriander, green capsicum, green chilli, lime, mint, parsley

Equipment:

clean tea towel
chopping board
cook's knife
citrus juicer
metric measuring spoons
small bowl
large bowl
fork
serving platter
serving spoons

Ingredients:

¼ cabbage, finely sliced
2 unpeeled apples, cored and
julienned
1 green capsicum, finely sliced
1 small handful of mint,
roughly chopped
1 small handful of coriander,
roughly chopped
1 small handful of parsley,
roughly chopped

1 small handful of fresh
mint, coriander or parsley,
to garnish

For the dressing:

1 long green chilli,
deseeded and finely sliced
½ lime, juiced
1 tbsp rice vinegar
3 tbsp fish sauce
2 tbsp brown sugar

What to do:

1. Prepare all of the ingredients based on the instructions in the ingredients list.
2. For the dressing, add all of the dressing ingredients to the small bowl and mix with a fork to combine.
3. Mix the cabbage, apple, capsicum, mint, coriander and parsley together in a large bowl.
4. When ready to serve, mix the dressing through the coleslaw ingredients.
5. Dish out onto the serving platter and garnish with fresh mint, coriander or parsley.

