

Light and Crunchy Coleslaw

Serves: 8

Prep time: 20 minutes

Cook time: 0 minutes



1 serve per portion

Ingredients

2 small red radishes *OR* ½ small red onion, thinly sliced

2 tablespoons lemon juice

¼ red cabbage, finely shredded

¼ lettuce, finely shredded

½ medium carrot, julienned or grated

½ green apple, julienned

1 tablespoon seed mix (pepita and sunflower)



Everyday Food

Dressing:

2 tablespoons natural yoghurt

1 garlic clove, minced or grated

1 red chilli, deseeded and finely chopped (*optional*)

2 tablespoons honey

2 teaspoons olive oil

Method

MARINATE radish or onion in lemon juice in a small bowl for 5-10 minutes to lightly pickle.

REMOVE the radish or onion and reserve the lemon juice for the dressing.

ADD the cabbage, lettuce, carrot, apple, and pickled radish or onion to a large bowl and toss to combine.

ADD the dressing ingredients and reserved lemon juice to a small jar with lid and shake well.

DRIZZLE the lemon yogurt dressing over the salad just before serving and toss to coat.

GARNISH the salad by sprinkling the seed mix over the top and serve immediately.

Recipe courtesy of the Country Kitchens team