

Broccoli and Apple Slaw

Serves: 4

Prep time: 15 minutes

Cook time: 0 minutes



1 ½ serves per portion

Ingredients

3 cups fresh broccoli, florets and stems finely shredded

1 ½ cups red or green cabbage, finely shredded

2 green apples, cored, sliced into thin matchsticks

2 spring onions, diagonally sliced

2 sprigs each flat-leaf parsley and mint leaves,
finely chopped (*optional*)

¼ cup walnuts, chopped (*optional*)

Dressing

1 cup buttermilk

1 tablespoon white vinegar

1 tablespoon honey

1 teaspoon Dijon mustard

Method

COMBINE broccoli, cabbage, apple and spring onion in a large bowl.

ADD dressing ingredients to a large screw-top jar and shake until thoroughly combined.

POUR dressing into bowl, gently tossing to combine.

GARNISH with herbs and nuts (*optional*) and serve immediately.



Everyday Food

Recipe courtesy of the Country Kitchens team