

## Light and Crunchy Coleslaw

**Serves:** 8

**Prep time:** 15 minutes

**Cook time:** 0 minutes



1 serve per portion

### Ingredients

2 small red radishes *OR* half a small red onion, sliced thinly

2 tablespoons lemon juice

¼ red cabbage, shredded finely

¼ lettuce, shredded finely

½ medium carrot, julienned or grated

½ apple, julienned

1 tablespoon seed mix (pepita and sunflower)

### Dressing:

2 tablespoons natural yoghurt

1 garlic clove, crushed or grated

1 red chilli, deseeded and finely chopped (optional)

2 tablespoons honey

2 teaspoons extra virgin light 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.

**COMBINE** the prepared vegetables, apple and pickled radish or onion in a large bowl and toss lightly.

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

**DRIZZLE** the salad with the lemon yogurt dressing just before serving.

**GARNISH** salad by sprinkling seed mix over the top.



Everyday Food

*Recipe courtesy of Bella Maugeri, Brisbane City Night Branch*