



Kale Slaw with Red Cabbage, Carrots & fennle

Season: Winter/Spring

Serves: 30 tastes in the classroom or 6 at home

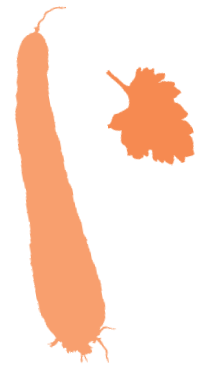
Fresh from the garden: carrot, kale, parsley, red cabbage, spring onion.

Equipment:

measuring spoons
small bowl
whisk
tea towel
chopping board
cook's knife
large bowl
tongs

Ingredients:

4 tbsp olive oil
1 tbsp Dijon mustard
1 tsp apple cider vinegar
1 tsp honey
20 mint leaves
2 kale leaves, finely shredded
1/4 small red cabbage, sliced
2 carrots, peeled into ribbons
1 small handful parsley, chopped
1 spring onion, finely sliced
2 tbsp sunflower seeds
2 tbsp pumpkin seeds



What to do:

1. Whisk olive oil, mustard, honey and apple cider vinegar. Season with salt and pepper.
2. Combine kale, cabbage, carrot, parsley and spring onion with sunflower and pumpkin seeds in a large bowl.
3. Drizzle with dressing, and toss to coat.
4. Taste and season as necessary before serving.
5. Please note that this salad helps you practice your knife handling skills. Please use scissors to cut the kale and the spring onions and you can use a potato peeler to thinly slice fennel bulb.