

# Asian Coleslaw

Source – SAKGF

**Harvest** –mint, carrot, cabbage, red onion, garlic, lemon

**Vocab Words** –dressing, aromatic, tangy, zesty, toss

**Skills** – peel, slice, julienne, shred, chop, tear, shake, toss, dress, taste

## Equipment:

- Chopping boards
- Knives
- Large mixing bowl
- Small bowl (for dressing)
- Measuring spoons
- Vegetable peeler
- Grater

## Ingredients:

- 1 carrot, peeled and grated
- ½ cabbage, finely shredded
- 1 small red onion, thinly sliced
- A small handful of mint leaves, roughly torn

## Dressing:

- 2 garlic cloves, very finely chopped
- 1 tablespoon brown sugar
- Juice of 1 lemon
- 1 tablespoon soy sauce
- 2 tablespoons olive oil
- 1 tablespoon rice vinegar

## What to do:

1. Wash your hands and prepare your workspace.
2. Peel the carrot and grate the carrot.
4. Ask an adult/teacher to help with finely shredding the cabbage if needed.
5. Thinly slice the red onion.
6. Tear the mint leaves.
7. Put all the vegetables and mint into a large bowl.
8. Put all the dressing ingredients into a small mixing bowl.
9. Stir all of the dressing ingredients.
10. Taste the dressing. Add a little more lemon, sugar or soy sauce if needed.
11. Pour the dressing over the vegetables and toss gently to combine.
12. Serve and enjoy!

### TIPS

- Cut all vegetables to a similar size so they mix well.
- Adjust the dressing to your taste – more lemon for sour, more sugar for sweet!

### CAN I USE OLIVE OIL?

Yes! Olive oil works perfectly in this recipe. Use a light or mild olive oil so the fresh flavours shine.