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| **Cabbage Slaw with Pomegranate and Walnuts** |

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| **Makes** | 30 tastes in the classroom | **From the**  **garden:** | Red Cabbage. Pomegranate, Apples |

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| **Equipment** | **Ingredients** |

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| * Non slip mat * Chopping board * 2x cooks knives * Large bowl * Box grater frying pan * Measuring cups and spoons * Jar (dressing) * Scales | **Slaw**   * 300 grams red cabbage * 300 grams cabbage * Arils of 1 pomegranate * 2 large green apples * 1 cup walnuts   **Dressing**   * 4tablespoons red wine vinegar * 4tablespoons lemon juice * Salt and pepper to taste. |
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| **What to do** |

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| 1. Cut (shred) the cabbage into thin strips. 2. Grate the apple on the large holes of a box grater. 3. Toast nuts in a dry pan until fragrant and lightly browned. 4. Combine all ingredients by hand in a large bowl. 5. Place all dressing ingredients in jar and shake to combine.. add dressing to salad just prior to serving. |