

Red cabbage and kale coleslaw



Method

- Place all dressing ingredients in large bowl. Whisk to combine.
- Finely slice red cabbage and add to bowl.
- Remove tough central stalk from kale leaves, and finely shred leaves. Add to bowl.
- Chop apple into thin sticks, add to bowl.
- Mix well to combine salad and dressing.

Enjoy with baked potatoes, or as a side salad with a BBQ meal.

Ingredients

- ¼ - ½ red cabbage (depending on size)
- 8 leaves Tuscan kale
- 1 apple

For dressing:

- ¼ cup mayonnaise
- ¼ cup sour cream
- 1 tsp Dijon mustard
- ½ tsp salt
- Freshly ground black pepper
- ½ tbsp. olive oil

Don't forget to clean up! 😊

Equipment Needed

- Large bowl
- Chopping board
- Knife
- Whisk
- Measuring cups and spoons

Notes:

- ✓ Use any type of kale or cabbage that you have.
- ✓ Add chopped almonds, walnuts, and/or sultanas for different flavours and textures.