

Apple and Lettuce Coleslaw

Season: Autumn

Type: Salad

Serves: 32 tastings

From the garden: Apple & parsley

Class focus: Washing lettuce, cutting vegetables into strips



Equipment:

Small mixing bowl x 1
Large mixing bowl x 1
Wooden spoon x 1
Whisk x 1
Grater x 1
Chopping boards and knives
Measuring spoons
Measuring cups
Serving bowl x 5
Serving spoon x 5

Ingredients:

½ lettuce (cut into thin strips)
1 carrot (skin-on, roughly grated)
1 apple (skin-on, cut into thin strips)
1 tablespoon parsley (leaves only, finely chopped)

Dressing:

1 tablespoon apple cider vinegar
2 tablespoons eggless mayonnaise
1 teaspoon Dijon mustard
¼ teaspoon salt
10 grinds of pepper

What to do:

1. Prepare all of the ingredients based on the instructions in the ingredients list.
2. Mix together all the ingredients for dressing in a small mixing bowl.
3. Put all the salad ingredients in a large mixing bowl.
4. Pour over dressing and toss well.
5. Serve into 5 large serving bowls with a serving spoon in each.