

Kale Slaw with Red Cabbage & Carrots

Season: Winter/Spring

Serves: 30 tastes in the classroom or 6 at home

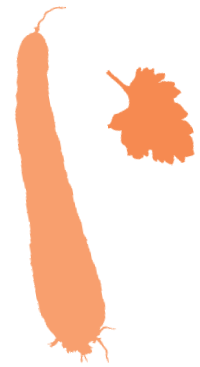
Fresh from the garden: carrot, kale, parsley, red cabbage, red onion

Equipment:

metric measuring spoons
clean tea towel
chopping board
cook's knife
bowls – 1 small, 1 large
whisk
tongs
small frying pan
serving platters

Ingredients:

1 tbsp olive oil
1 tbsp Dijon mustard
1 tsp apple cider vinegar
salt, to taste
pepper, to taste
5 kale leaves, stalks removed, finely shredded
1/4 small red cabbage, finely sliced
1 carrot, peeled and julienned
1 small handful of parsley, roughly chopped
1/2 small red onion, peeled and diced
2 tbsp sunflower seeds
2 tbsp pumpkin seeds



What to do:

- Prepare all of the ingredients based on the instructions in the ingredients list.
- Whisk the olive oil, mustard and apple cider vinegar in the small bowl. Season with salt and pepper.
- Combine the kale, cabbage, carrot, parsley and red onion in the large bowl.
- Dry fry the sunflower and pumpkin seeds, then add them to the kale mix.
- Drizzle with dressing, and toss to coat.
- Taste and season as necessary before serving on platters.