

Kale Slaw with Red Cabbage & Carrots

Season: Winter/Spring

Serves: 30 tastes in the classroom or 6 at home

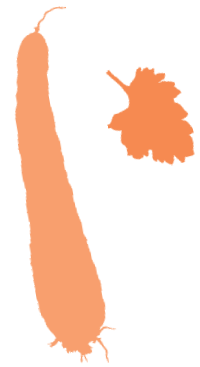
Fresh from the garden: carrot, kale, parsley, red cabbage, red onion

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:

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