

# Savoury Slaw

## Equipment:

Food processor  
Large serving bowl  
Jam jar  
Knife & board  
Salad servers  
Spatula

## Ingredients:

Carrots  
Beetroot  
Cabbage  
(other veg?)  
Seeds  
Tamari or mustard  
Olive oil  
Cider vinegar/lemon

1. Coarsely grate the beetroot and carrot
2. Finely slice the cabbage
3. Choose to add other vegetables (fennel? kohlrabi? pepper? celery? spring onion? radish?)
4. Empty the veg into a large bowl using a spatula – add seeds & mix well using salad servers
5. Choose which dressing to make in the jam jar (better for taste testing and not making the veg soggy).

Either:

- 1.1 tsp Tamari, 1 tbsp cider vinegar, 3 tbsp olive oil
  - 2.1 tsp mustard, 1 tbsp cider vinegar, 3 tbsp olive oil, sea salt
  - 3.1 tsp mustard, zest & juice of lemon, 3 tbsp olive oil, sea salt
6. Taste the dressing and adjust if desired
  7. Pour dressing over slaw and mix just before serving

*Tare Farrell*  
*Food & Health*

