

Simple Coleslaw

10 minutes preparation

INGREDIENTS

1/2 cabbage (white or red)

4 large carrots

2 whole medium onions

Mayonnaise

Salt and pepper

METHOD



1. Finely slice/shred the cabbage and add to a large bowl.
2. Grate the carrots and add these with the cabbage.
3. Grate or finely slice/shred the onions and add this to the cabbage and carrots.
4. Add in your mayo, a little at a time using a spoon. Then using clean hands, mix together adding additional mayo until the vegetables are covered to how you like it. Add salt and pepper to taste.
5. Store in the fridge in an air tight container for up to 3 days.

If you have one, a food processor helps with a grating/ slicing blade but you can do it by hand or use a grater.

Why not experiment and add a grated apple, sultanas and grated cheese. You could even use a vinaigrette rather than mayo.

Or why not add a tea spoon of curry powder and mango chutney to the mayo and turn it into Coronation coleslaw. You could even add almonds or other crushed nuts if you're not a nut free household.

A quirky tip is to try using a Marie-rose sauce and not just mayo. Add ketchup and lemon juice to mayo before mixing.

