

Apple Slaw with Mint



Serves: 4 Prep Time: 15 mins Cook Time: 00 mins

OK to Freeze?



Complexity:



Ingredients

¼ red cabbage, finely shredded

½ red onion, thinly sliced and soaked in cold water

1 Pink Lady apple, unpeeled, cored and cut into fine matchsticks

¼ cup whole-egg mayonnaise

¼ teaspoon smoked paprika

Finely grated zest and juice of 1 lime,

½ a bunch each of Coriander and Mint, leaves only. Washed and dried on kitchen paper

½ long red chilli (optional), de-seeded and thinly sliced



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No grains, gluten, dairy or nuts.

Method

1. Combine cabbage, drained red onion and apple in a medium size bowl.
2. In a separate small bowl combine the mayonnaise, paprika, zest and lime juice. Mix well to combine.
3. Just before serving add the mayonnaise mixture to the slaw mixture and toss well to combine.
4. Add the coriander, mint and chilli, toss very gently before serving.
5. Garnish with chilli if using.

Comments