

# CRUNCHY COLESLAW

## INGREDIENTS

¼ hard cabbage  
2x carrots  
½ onion  
4 tablespoons salad cream or mayonnaise  
Tomato to garnish

## CHOOSE TWO FROM THE OPTIONAL EXTRAS

Any of these can be added to the basic ingredients:

2 sticks celery  
¼ cucumber  
1 pepper (red, green or yellow)  
1 apple  
50g cheese  
50g walnuts  
50g peanuts  
50g raisins  
50g sultanas

A plastic tub with a lid to carry your coleslaw home in.

APRON!!!

## METHOD

- Remove jewellery, put on apron, wash hands and work surface, collect together equipment and ingredients.
- Trim the cabbage and remove any core, chop finely and place in bowl.
- Peel the carrots and grate into mixing bowl. **Watch you fingers!**
- Cut both ends off the onion, make a slit down one side and peel carefully.
- Cut the onion in half, making a bridge with your fingers, put half of it away.
- Carefully chop the onion using the natural lines as your guide. **DO NOT RUB OR TOUCH YOUR EYES.**
- Add the onion to your mixing bowl.
- Add any ingredients from the 'optional extras list'.
- Add the salad cream or mayonnaise.
- Stir carefully until well mixed, then transfer to your own dish or tub.
- Use tomato to garnish.
- Wash up carefully, using hot soapy water, dry all the equipment and put every thing away.

