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
- ¼ small red cabbage, finely sliced
- 1 carrot, peeled and julienned
- 1 small handful of parsley, roughly chopped
- ½ 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. This slaw goes well with **Chickpea & Lentil Burgers** (page 122) and **Yoghurt & Sesame Sauce** (page 160).