



Apple Slaw

You'll need:

¼ white cabbage
¼ red cabbage
2 apples
1 white onion
1 carrot
2 tablespoons mayonnaise
salt and pepper

1. Peel the carrot and onion and grate into a mixing bowl. Slice the cabbage thinly with a knife and add to the carrot and onion.
2. Quarter the apple and use a knife to remove the centre of the apple, removing any pips you find. Grate this and add into the bowl with the other vegetables.
3. Add in the mayonnaise and season with salt and pepper. The coleslaw is now ready and can be eaten immediately or put in the fridge for up to 5 days.

Liam's Top Tips: adding fresh herbs like parsley, chives or dill add a floral freshness to the coleslaw, as well as visually adding colour.

Substituting mayonnaise with yoghurt is a healthier option and adds a nice creamy flavour to the coleslaw.