

# Winter Rainbow Slaw



*Serves 4 -6 as a side*



*15 minutes*



*Autumn/ winter*



*Scotch kale, red cabbage, green cabbage, carrots, lemon*

## INGREDIENTS:

- 5 scotch kale leaves, removed from tough stem
- Quarter of a red cabbage
- Quarter of a white cabbage
- 1 large carrot
- 2 tablespoons of sunflower seeds or pepitas
- 1 tablespoon flax seeds

### *Creamy Yoghurt Dressing*

- 1/4 cup greek or natural yoghurt
- 1 tablespoon lemon juice
- Crack of ground black pepper

### *Zesty Fresh Dressing*

- 3 tablespoons olive oil
- 1 tablespoon lemon juice or apple cider vinegar
- Crack of ground black pepper

## METHOD:

1. Chop the kale strips into thin strips and place in bowl.
2. Cut red cabbage and green cabbage in to thin strips, then rough pieces and add to bowl with kale.
3. Wash and grate carrot, add to bowl and toss ingredients.
4. In a small jar with lid - place all the ingredients for your preferred dressing. Shake well and toss through slaw ingredients.
5. Sprinkle with seeds and serve.

## TIPS:

- *Perfect pairs for this salad include peri peri or spiced roast chicken, beef burger patties or lentil burger patties*
- *You can make this recipe with just any two of the vegetables if you do not have all of them available or growing in your garden.*
- *This recipe works well added in to burgers, sandwiches or pitas to boost your vegetable intake*

Share it with us!

@foodfromh0me

