

HEALTHY

FENNEL, KALE & CABBAGE COLESLAW

YOU WILL NEED

- 1 bulb of fennel
- 250g white cabbage
- 250g red cabbage
- 1/2 bunch kale
- Large handful of fresh herbs (dill, mint, & parsley), roughly chopped
- 1 green shallot, sliced thinly
- 2 tbsp lemon juice
- 250g yoghurt
- 1 tbsp extra virgin olive oil
- 2 tbsp seeded mustard
- Sea salt & black pepper

METHOD

- Shred the fennel & cabbage using the julienne slicer on a food processor or use a mandoline. If you don't have either of these simply slice thinly.
- Remove the kale leaves from the stem & chop finely.
- Add all vegetables, sliced shallot & chopped herbs to a large bowl. Set aside some herbs to garnish.
- In a separate small bowl add yoghurt, lemon juice, olive oil, mustard, salt and pepper. Mix well.
- Pour the dressing over the coleslaw and combine well.
- Place on a serving dish & garnish with herbs.



COOKING TIP

Delicious with slow cooked beef brisket. Shred beef & provide rolls for guests to make their own beef & slaw rolls.

Will keep for 2 days in the fridge.

a cut above

catering



www.acutabovecatering.com.au