

Kohlrabi and Apple Slaw

Ingredients

½ white cabbage, finely sliced
2 small sticks celery, finely sliced
1/3 cup fresh parsley, roughly chopped
2 red apples
Juice of 1 lemon
3 small kohlrabi, peeled
100g pepitas

Dressing

1/3 cup mayonnaise
2 tablespoons Dijon mustard
¼ cup crème fraîche
Salt and pepper

Utensils

Chopping boards, sharp knives, vegetable peelers, citrus juicer, julienne slicer, mandolin, protective glove, large mixing bowl, small mixing bowl, whisk, measuring cups and spoons, small frying pan, tongs or salad servers, 4 serving bowls.

Method

1. Prepare ingredients as detailed in the list above. Place cabbage, celery and parsley into the large mixing bowl.
2. Use the mandolin and protective glove to slice the apples. Juice the lemon and add both to the large mixing bowl. Julienne the kohlrabi and add to the bowl.
3. Dry fry the pepitas until golden and fragrant. Set aside to cool.
4. Measure the dressing ingredients into the small bowl and whisk until well combined. Taste and check the need for seasoning. Add half the pepitas and the dressing to the large bowl and mix well with tongs or salad servers.
5. Divide between the serving bowls and sprinkle with remaining pepitas.

