

Kaleslaw with Apple and Cranberry

Serves:

30 tastes

Fresh from the garden: kale, celery and sprouting broccoli

Equipment:

Salad spinner

Chopping boards

Knives

Mandolin and protective glove

Apple corer

Large mixing bowl

Tongs

Small mixing bowl

Citrus juicer

Whisk

Serving bowls

Ingredients:

12 large kale leaves, chopped

1 cup sprouting broccoli, chopped

2 sticks celery, thinly sliced

2 red apples, thinly sliced

1/4 cup cranberries, chopped

Dressing

100g mayonnaise

1 tablespoon honey

1 tablespoon apple cider vinegar

1-2 tablespoons lemon juice, to taste

Salt and pepper

What to do:

1. Wash and dry kale in salad spinner, then chop. Chop broccoli. Thinly slice celery. Use the mandolin and protective glove to thinly slice the apple. Ask an adult for help if necessary. Chop cranberries into small pieces. Add all the salad ingredients to the mixing bowl and mix together with the tongs.
2. Add mayonnaise, apple cider vinegar, honey and one tablespoon lemon juice to the small mixing bowl and whisk until well combined. Season with salt and pepper, taste and add extra lemon juice and seasoning if necessary.
3. Add as much dressing as is required to lightly coat the salad and mix gently.
4. Divide between the serving bowls.