

Coleslaw with Lemon and Yoghurt Dressing

Equipment:	Ingredients:
Chopping board	½ purple cabbage
Large knives	4 carrots
Grater	½ bunch parsley
Peeler	1 lemon
Metric measuring spoons and cups	200g Greek yoghurt
Large mixing bowl	3 spring onions
Salad servers or tongs	2 tsp. dijon mustard (or to taste)
Small mixing bowl	

What to do:

- Finely chop the purple cabbage and place into a large mixing bowl.
- Wash, dry and grate the carrots. Add to the purple cabbage.
- Wash, dry and roughly chop the parsley. Add to the other ingredients.
- Wash and trim the spring onions, removing tops and roots. Slice finely and add to the other ingredients.
- In a small bowl, combine the Greek yoghurt, Dijon mustard and the juice of ½ - 1 lemon (add it slowly and check for taste as you go). Season the yogurt dressing with salt and pepper to taste.
- Pour the dressing over the coleslaw mix, and stir together thoroughly so that all ingredients are thinly coated with dressing.
- Divide the salad mixture into serving bowls (1 per table). Don't forget salad servers or tongs for serving.