

Crunchy Coleslaw Salad

Ingredients

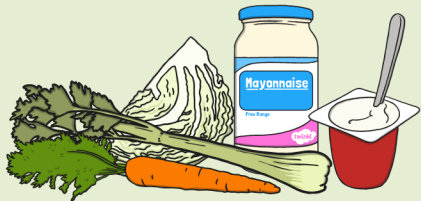
½ white cabbage

2 carrots peeled, topped and
tailed

4 sticks of celery

2 tablespoons low-fat mayonnaise

2 tablespoons natural yoghurt



Equipment

Kitchen scissors

Peeler

Tablespoon

Safe knife

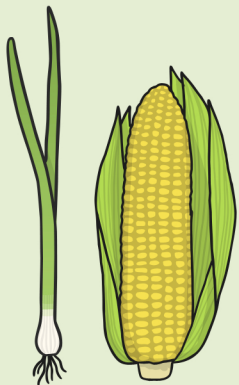
Bowl

Chopping board



Helpful Hint

Add other vegetables, such
as sweetcorn or spring
onions.



Method

Step 1: With adult supervision, separate the cabbage leaves and cut them into strips with the scissors.



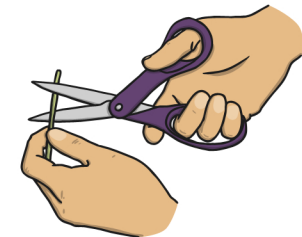
Step 2: Peel and grate the carrot with adult supervision.



Step 3: With adult supervision, cut the celery lengthways with a vegetable knife.



Step 4: With adult, snip the celery into small pieces over the mixing bowl.



Step 5: Place the cabbage and carrot in the mixing bowl.



Step 6: Add the mayonnaise and yoghurt to the other ingredients and mix together.

