



WINTER RED COLESLAW

Salad: this recipe provides a portion of vegetables. It counts towards the food-based standard for lunch to provide a portion of vegetables as an accompaniment every day.

Recipe adapted from: Children's Food Trust Recipes for Success – Vegetable recipes and tips

Ingredients

20g (2 tsp) English mustard
4g (2 tsp) black pepper
120g reduced-fat mayonnaise
1kg red cabbage, finely shredded
300g carrots, peeled and grated
500g beetroot, boiled and grated (not pickled)
75g raisins

Method

1. Combine the mustard, black pepper and mayonnaise.
2. Add the shredded cabbage, grated carrot and beetroot and mix to coat the vegetables in the mayonnaise mixture.
3. Stir through the raisins and refrigerate. Serve chilled.

Serving suggestion: on salad bar or jacket potato filling.



Number of portions this recipe makes:

32 primary servings (65g)
26 secondary servings (75g)



Prep: 10 minutes
Cook: 0 minutes



Allergy information:
Egg, milk, mustard



Top Tips

Add red onion for extra flavour.

Government Buying Standards for Food & Catering Services

Using the GBSF nutrition criteria to buy ingredients helps to reduce the amount of salt, saturated fat and sugar in children's diets.

Include a portion of vegetables as part of meal deals.