



Kale Slaw

What to collect

Ingredients	Equipment
1 tablespoon olive oil	chopping board
1 tablespoon Dijon mustard	knife
1 teaspoon apple cider vinegar	whisk
salt/pepper	small bowl
5 kale leaves, finely shredded	metric measuring spoons/cups
1/4 small red cabbage, sliced finely	large bowl
1 carrot, peeled and grated	tongs
1 small handful parsley, chopped	
1/2 small red onion, finely chopped	
2 tablespoons sunflower seeds	
2 tablespoons pumpkin seeds	

What to do

1. Whisk olive oil, mustard and apple cider vinegar. Season with salt & pepper.
2. Combine kale, cabbage, carrot, parsley and red onion with sunflower and pumpkin seeds in a large bowl.
3. Drizzle with dressing and toss to coat.
4. Taste before serving and adjust seasoning if necessary.