

# Kale Slaw

Bialik College Kitchen Garden Program



## Ingredients:

- Dressing:
- 1 tablespoon olive oil
- 1 tablespoon Dijon mustard
- 1 teaspoon apple cider vinegar
- salt/pepper
- Salad:
- 5 kale leaves, finely shredded
- ¼ small red cabbage, finely diced
- 1 carrot, peeled & grated
- 1 small handful parsley, chopped
- ½ small red onion, finely chopped
- 2 tablespoons sunflower seeds
- 2 tablespoons pumpkin seeds

## Equipment:

- chopping board
- knife
- small bowl
- metric measuring spoon/cup
- large bowl
- tongs

## Method:

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.