



Rainbow slaw

with crispy wedges

This is a great salad to make any time of year and can keep for some time in a fridge. Have it with lunch or make it into a bigger meal by adding wedges and maybe some meat, meat substitute or fish. A colourful way to get your 5 a day!



**FEED
BACK**

Watch the how to make this dish
video at growtogive.co.uk

Allergen info

- * Egg – mayonnaise
- * Mustard – mustard, mayonnaise
- * Celery – celery
- * Fish – fish
- * Sulphites - sultanas, raisins or currants

Equipment

Glass bowl, baking tray, knife, chopping board, and spoon.

Ingredients

- 4 sweet potatoes or white potatoes – or a mixture of both
- * 250ml mayonnaise
- 2 tablespoons (tbsp) of any vinegar or lemon juice
- * 2 teaspoons (tsp) of mustard (any type)

Suggested veg:

- ¼ white cabbage finely sliced
- ¼ red cabbage finely sliced
- 2 carrots, grated
- ½ onion finely chopped (red or white)

Optional Extras

- * 2 celery sticks, thinly sliced
- salt and pepper
- * Have as a side dish to some grilled meat, meat substitute or fish
- * Try adding grated apple or sultanas into the Slaw

Helpful Tips

- The coleslaw can be kept in the fridge for 3 days, and can be made 1 day ahead.
- Use any vegetables you have to hand, it's a flexible dish and you can make it any time of year.

Method



Serves 4



1

Preheat the oven to 200C/180C fan/ 400F gas mark 6



2

Prepare the potatoes by scrubbing the skins. Cut into wedges (usually 4 or 6 pieces)



3

Put into a bowl and drizzle with oil. Season with salt and pepper, then put on a baking sheet and bake for 35 minutes in the oven



4

Slice the cabbage thinly and slice the celery if using



5

Put in a mixing bowl. Then add the grated carrot and finely chopped onion and mix well.



6

Measure the mayonnaise, vinegar or lemon juice and mustard into the mixing bowl



7

Mix well until the mayonnaise coats the salad



8

Serve with potato wedges

