

Coleslaw – Asian Style

Ingredients

4 large carrots, grated/julienned
½ red (purple) cabbage, finely shredded
A handful, each, fresh coriander and mint
A handful of nuts and/or seeds of your choice (optional)

Dressing

Juice of 2 lemons or limes (about 2 tablespoons)
1 tablespoon vegetable oil (groundnut/canola/sunflower/olive)
1½ teaspoon [chilli jam](#) (or to taste)



Or

1 red chilli, deseeded (or to taste)
1tsp soft brown sugar

What to do

1. Roughly chop the herbs reserving some for garnish if you wish.
2. Combine the vegetables in a large bowl and add the seeds/nuts if using.
3. Make the dressing by mixing all the ingredients together.
4. Pour over the vegetables and herbs and toss.
5. Allow to stand for ½ to ¾ an hour before serving.

Some points

- Half a head of cabbage is a little like the length of a piece of string, so adjust the ingredients proportionately so as to have a balance.
- If you end up with a **huge** salad, adjust the quantity of dressing accordingly.

Ideas for meals

- With hummus and flatbreads, this makes a meal
- As a bed for sautéed brinjals or other roast vegetables
- As a bed for a steak or other meat salad

