

Healthy coleslaw with tahini & yoghurt dressing



Healthy coleslaw with tahini & yoghurt dressing

Preparation: about 30 minutes
Serves: 8 as a side dish

- ½ cup currants
- ¼ savoy cabbage, trimmed and finely shredded
- ¼ red cabbage, trimmed and finely shredded
- 2 carrots, peeled and coarsely grated
- 1 red onion, finely chopped
- ½ cup flat-leaf parsley, chopped
- ½ cup coriander leaves, chopped
- ⅓ cup toasted salad seed mix

Tahini yoghurt dressing

- ⅓ cup thick Greek-style yoghurt
- ⅓ cup whole egg mayonnaise
- ⅓ cup tahini dip*
- 2 tbs orange juice
- Salt and ground black pepper

1. Place currants in a small heatproof bowl. Cover with water and microwave on high for 1 minute. Set aside.
2. Place savoy and red cabbage, carrots, onion, parsley, coriander and salad seed mix in a large bowl. Drain currants and add to mixture.
3. To make dressing, combine yoghurt, mayonnaise, tahini and orange juice in a bowl. Season with salt and pepper to taste. Whisk well to combine. Drizzle dressing over coleslaw mixture. Toss until well combined, spoon into a serving bowl and serve.



Red cabbage

- An excellent source of vitamin C, which helps protect the body against infections.
- Provides folate, one of the B group vitamins that is needed by the nervous system and is especially important in the early stages of pregnancy.
- A good source of dietary fibre, which helps keep us regular.
- The darker the leaves, the higher the vitamin content.

** Tahini Dip is available from the supermarket fridge. It's a smooth mild tasting mixture of pure tahini and lemon juice.*