

## Sweetcorn & red cabbage slaw with falafels



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Preparation 25 mins | Cooking 3 mins | Serves 4

- 2 sweetcorn cobs, husks & silks removed
- ½ small Chinese cabbage, finely shredded\*
- ¼ small red cabbage, finely shredded\*
- 1 carrot, shredded
- 2 green onions, trimmed and thinly sliced
- 2 tbs toasted mixed seeds
- 2 tbs whole egg mayonnaise
- ¼ cup Greek-style natural yoghurt
- 2 tsp lemon juice

*\*You'll need about 2 cups red cabbage and 2½ cups Chinese cabbage for this recipe.*

### To serve:

- 12 falafel patties\*
- 200g reduced fat hummus
- 4 rounds Lebanese bread

*\*Falafels are Middle Eastern style small vegetarian rissoles. They're available from the fridge section in supermarkets.*

**STEP 1** Place corn in a single layer in a shallow heatproof dish. Cover and microwave on high for 3 minutes. Set aside to cool. Once cool, slice off corn kernels and place into a large bowl. Add Chinese and red cabbage, carrot and green onions. Toss to combine.

**STEP 2** To make dressing, combine mayonnaise, yoghurt and lemon juice in a small bowl. Season with salt and pepper to taste. Stir mayonnaise mixture into corn mixture until combined.

**STEP 3** To serve, warm falafels following packet directions. Serve falafels with the slaw, hummus and Lebanese bread.