

# Watercress, green apple & seed coleslaw



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Preparation 30 mins | Serves 6 as a side dish

- 1 bunch watercress, picked over, washed and dried
- ½ small red cabbage, finely shredded
- 2 medium carrots, peeled and finely shredded
- 2 green onions (shallots), trimmed and thinly sliced
- 1 Granny Smith apple, cored and finely sliced
- 1 tbs lemon juice
- ½ cup toasted mixed seeds (like sunflower, sesame and pepitas)

### Lemon yoghurt dressing

- ½ cup thick natural Greek-style yoghurt
- 2 tbs lemon juice
- 1 tsp Dijon mustard

**STEP 1** Combine watercress, cabbage, carrots and green onions in a large bowl. Toss the apple in lemon juice and add to watercress mixture. Toss gently to combine.

**STEP 2** To make dressing, combine ingredients in a bowl. Season with salt and pepper to taste. Whisk until well combined. Drizzle dressing over salad and sprinkle with seeds. Gently toss to combine and serve.

## Good for you... CARROTS

*The old saying that carrots help you see in the dark is due to their high content of beta carotene, which the body converts to vitamin A and uses for normal vision. A good source of vitamin C, one of the vitamins needed for the normal functioning of the immune system. Provide dietary fibre, whether raw or cooked. Dietary fibre helps keep the intestine healthy.*

