

# Crunchy winter salad



## Ingredients

- ½ small red cabbage
- 1 carrot
- 6 radishes
- 1 green eating apple
- 1 x 15ml spoon dressing
- 50g canned sweetcorn, drained
- 50g sultanas



## Equipment

Chopping board, vegetable knife, vegetable peeler, grater, measuring spoons, serving dish.



## Method

1. Core the cabbage, separate the leaves and shred into thin strips.
2. Arrange the strips around the edge of the dish.
3. Remove the top and bottom of the carrot, then peel and grate. Place the grated carrot into the centre of the dish.
4. Remove the top and bottom of the radishes and cut into quarters. Arrange on top of the carrot.
5. Cut the apples into quarters. Slice away the core, and then cut into chunks. Arrange over the salad.
6. Sprinkle over the sweetcorn and sultanas.
7. Pour over the dressing.



## Handy hints

- Vary the salad ingredients. You could use white cabbage instead or red, or try grated courgette instead of carrot.

Serves 4