


Coleslaw

A classic coleslaw that's quick and easy but packed full of flavour.

 TIME TILL READY
5 MINUTES

 SERVES
2

Energy: 426kJ/102kcal

For more nutritional information please visit www.lancashirefarm.com

Ingredients

- 1 carrot
- 150g red cabbage
- 150g white cabbage
- 1 red onion
- 100g Lancashire Farm Natural Bio Yogurt
- salt and pepper
- 1/2 lemon (optional)

Contains



Method



Step 1

Use a grater to finely grate the cabbage and carrot, and then finely slice up your red onion.



Step 2

Add your natural yogurt to the chopped vegetables.



Step 3

Mix in the yogurt and season to taste with salt and pepper. Add a squeeze of lemon juice to give it that extra bit of flavour.



Step 4

Serve.