



MELODY'S
CRISPY PALATE-CLEANSING

cabbage, apple, CARROT SLAW

"I created this recipe as a fresh fall side, thoughtfully designed to not contain any common allergens that my family has. It is useful to cut through some of the rich flavors that come with the holiday season."

— Melody, Creative Team

YIELD: 8 servings

INGREDIENTS

- ½ head of finely shredded red cabbage
- 2 medium Honeycrisp apple (or similar), cut into matchsticks
- 2 medium carrots, cut into matchsticks or grated
- 2 spring onions, finely sliced
- 1 handful fresh dill, chopped
- ¼ cup extra-virgin olive oil
- ¼ cup apple cider vinegar
- 1 tbsp honey
- Cayenne to taste (optional)
- Salt to taste
- Fresh cracked pepper to taste

MATERIALS

- Large mixing bowl
- Slotted spoon for mixing

INSTRUCTIONS

1. Mix all ingredients in large mixing bowl until thoroughly combined. Adjust seasonings to taste.
2. Eat fresh or set in fridge for a minimum of half an hour for tastes to blend.
3. Bonus: The magic of this recipe is that it's flexible since it is a raw coleslaw - you can add just about any herbs or spices you wish. Feel free to experiment with different fresh herbs or spices.

MATCHSTICK

A method of cutting vegetables or other ingredients into thin, elongated strips that resemble the size and shape of matchsticks. These strips are often uniform in size and are used for various culinary purposes, such as adding texture to salads, stir-fries, or garnishing dishes.