

WALDORF SLAW

MAKES: *4 servings* DIFFICULTY: *Easy*

The classic Waldorf salad reimagined as a tasty slaw. You'll still find the apples, walnuts, celery and grapes, but in this version, hold the heavy mayo and enjoy more veggies.

3 to 4 Gala or Fuji apples, cored and cut into ½-inch/1cm dice

2 tablespoons fresh lemon juice

2 tablespoons apple cider vinegar

1 soft pitted date, soaked for 10 minutes in hot water and then drained (optional)

1 teaspoon grated fresh ginger

1 teaspoon white miso paste

¼ teaspoon ground black pepper

3 cups/300g shredded cabbage

1 large carrot, grated

½ cup/50g seedless red grapes, halved

1 celery stalk, finely chopped

½ cup/60g chopped walnuts

2 spring onions, finely chopped

Place the diced apples in a large bowl and toss lightly with the lemon juice to coat.

Scoop out ½ cup/50g of the diced apple mixture and transfer to a blender. Add 2 tablespoons of water, the apple cider vinegar, date (if using), ginger, miso paste, and black pepper and blend until smooth. Set the dressing aside.

To the large bowl of diced apple, add the cabbage, carrot, grapes, celery, walnuts and spring onions. Add the dressing to the slaw and toss gently to combine. Taste and adjust the seasonings, if needed.