LC

THE LET'S COOK PROJECT

Cheesy Appleslaw

Slaw is an American abbreviation for Coleslaw which literally means cabbage salad. Our recipe uses cheese and apples to make a delicious sandwich filling.

Ingredients: (Serves 4)

100g grated reduced-fat hard cheese
(such as Cheddar, Double Gloucester OR Red Leicester)
1 apple
4 spring onions
2 x 15ml spoons reduced-fat mayonnaise
4 small baguette or bread rolls

Equipment:

Weighing scales
Chopping board
Grater
Mixing bowl
Colander
Vegetable peeler
Sharp knife
Measuring spoons
Mixing spoon
Bread knife
Knife (for spreading)

Instructions

1. On a chopping board, grate the cheese and place in a mixing bowl
2. Wash, peel and core the apples. Then grate and add to the cheese
3. Wash and chop the spring onions and add to the cheese and apple
4. Add the mayonnaise to the mixing bowl and stir together all the ingredients
5. Cut each small baguette or roll in half and spread with the mixture

Skills used include:

Weighing, measuring, chopping, grating, mixing/combining, spreading and serving.
Allergens highlighted in bold

