

SPICY COLESLOW WITH TAHINI DRESSING

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If you love coleslaw then there is absolutely no need to go without. This plant-based version uses zero dairy and tastes great. The tahini dressing adds the creaminess and a great flavour without the need for any mayo and also adds way more nutrition and a little kick too. Serve as a side with any of your favourite dishes.



Makes 4-6 portions as a side serving



Total Time: 10min

Ingredients

For the slaw:

- 1 small head green cabbage, shredded
- 3 medium carrots, julienned
- 4 spring onions, sliced
- 2 bell peppers julienned or diced
- Salt & pepper, to taste
- Sesame seeds, to garnish

Method

- Prepare all of the veggies into a large mixing bowl
- For the dressing add all of the ingredients to a mixing bowl and whisk well
- Pour the dressing into the bowl with the veggies and mix well to incorporate
- Garnish with sesame seeds and serve

For the dressing:

- 4 tablespoons tahini
- 80ml water
- 1 tablespoon dijon mustard
- 30ml pure maple syrup/agave/coconut sugar
- 20ml apple cider vinegar or juice of ½ lemon
- Pinch of ground black pepper
- Pinch of sea salt

Equipment needed:

Chopping board, knife, mixing bowl x 2, whisk