



Broccoli Slaw

Season: Winter/Spring
Serves: 30 tastes in the classroom or 6 at home

Fresh from the garden: apple, broccoli, lemon, onion

Note: Break the broccoli heads into small florets to give students a close look at how the plant grows. Allow students enough time to examine the florets and understand they are made up of many flower buds.

EQUIPMENT:

metric cups and spoons
tea towel
chopping board
cook's knife
small frying pan
wooden spoon
large bowl
mixing spoon
serving bowl

INGREDIENTS:

2 large heads of broccoli, separated into finger-sized florets, stems and leaves finely sliced
1/2 red onion, finely chopped
1 red apple, chopped into small pieces
1 cup raisins
1 cup sunflower seeds,
2 tbsp extra virgin olive oil
2 tbsp lemon juice
1/2 tsp sea salt
pepper, to taste
1 cup Greek yoghurt
broccoli flowers (optional)

WHAT TO DO:

1. Prepare all the ingredients based on the instructions in the ingredients list.
2. Place the small frying pan on a medium heat and add the sunflower seeds. Toast, stirring occasionally, until lightly browned.
3. Combine the broccoli, onion, apple, raisins and toasted sunflower seeds in the large bowl.
4. Drizzle the slaw with oil and lemon juice. Sprinkle over the salt and pepper, and toss lightly.
5. Add the yoghurt and mix until the florets are well coated.
6. Transfer to a serving bowl, garnish with broccoli flowers, if using, and serve.

