Apple Cabbage Slaw with Mustard

6 small slaw side portions, about 120 g each · Active 20 min · Total 35 min

Ingredients

- 14 oz green cabbage, cored and finely shredded (400 g prepared)
- 3 1/2 oz red cabbage, cored and finely shredded (100 g prepared)
- 1 crisp apple, cored and cut into thin matchsticks (150 g prepared)
- 2 tablespoons olive oil (30 ml)
- 2 tablespoons cider vinegar (30 ml)
- 1 tablespoon Dijon mustard (15 g)
- 2 teaspoons honey (14 g)
- 1/4 teaspoon fine salt (1.5 g)
- 1/4 teaspoon black pepper

Set out

Knife and stable board, Large mixing bowl, Small bowl, Whisk, Covered serving bowl, Refrigerator

Allergens

Mustard; check condiment labels. Check labels and substitutions.

Make it

1. Wash and prepare cabbage and apple, weighing after cores are removed. Shred cabbages finely into the large bowl, keeping the apple whole until dressing is ready.

2. Whisk oil, vinegar, mustard, honey, salt and pepper in the small bowl. Core and cut apple into thin matchsticks, then add it immediately to cabbage with all the dressing. Toss well.

3. Cover and refrigerate 15 minutes. Toss again and serve six small side portions using clean utensils; keep reserve slaw refrigerated.

A small colorful bowl is enough

Six portions here are side servings, not six lunch-sized bowls. The crisp sweet-acid contrast is meant to sit beside a generous hotdish portion without competing for the whole plate.

A useful detail

The 35-minute total includes careful shredding, whisking and 15 minutes refrigerated resting. The apple’s crispness and the fine cabbage cut are the intended texture, so no overnight softening is needed.

Keep it well

Keep covered at 40°F (4°C) or below. Best on the day made; use within 2 days or an earlier ingredient deadline. Return promptly to refrigeration and discard if out longer than 2 hours, or 1 hour above 90°F (32°C). Do not freeze; apple and cabbage lose their crisp texture.