DietCloud – Recipe

Recipe Name: Coleslaw Salad on Sliced Apple Recipe

Diet Type:

Course: Appetizer

Cuisine: Continental

Quantity:



Ingredients

Ingredient	Quantity
• 1 Apple	4
• 1/2 cup Purple cabbage - finely chopped	
• 1 Potato (Aloo) - boiled	
• 10 Walnuts - crushed	
• 1 teaspoon Dried oregano	
• 2 tablespoon Red Chilli flakes	
• 2 tablespoon Honey	
• 1 tablespoon Tabasco Original - Hot Sauce	
• 1/4 cup Hung Curd (Greek Yogurt)	
• 5 Stalks Spring Onion (Bulb & Greens) - chopped	
• 1 Lemon - juice extracted	
• Salt - to taste	

Preparation

• In a mixing bowl, add hung yogurt, squeeze lemon juice, a pinch of salt and whisk well till it combines and becomes nice and creamy.

• Check for salt and add if required.

• Keep it aside.

• Refrigerate till you serve the salad.

• Cut the apples into thin roundels and soak them in ice water, so that it stays fresh and crispy.

• When you are going to assemble the Coleslaw Salad on Sliced Apple, place one apple slice on a serving platter and top it up with a tablespoon of coleslaw and garnish it with some chopped spring onions and serve.

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Macronutrients

Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)	Fiber (g)	Sugar (g)