

## AUTUMN SLAW



MINUTES TO PREPARE  
7



MINUTES TO COOK  
3



SERVES  
2 as a main  
and 4 as a  
side



### INGREDIENTS

**2 tablespoons cashews**  
**1 tablespoon pine nuts**  
**1/2 teaspoon dried chillies**  
**1 shallot**, peeled and thinly sliced  
**1cm fresh ginger**, peeled and crushed  
**2 cloves garlic**, peeled and crushed  
**1 medium red chilli**, deseeded and finely diced  
**8 baby corn**, quartered lengthways  
**1/5 butternut**, peeled and grated on the large grate  
**1 medium courgette**, grated on the large grate  
**1/5 small white cabbage or sweetheart cabbage**, outer leaves and core removed, thinly sliced  
**3 spring onion**, finely sliced  
**1 large handful mint**, finely chopped

For the dressing:

**2 tablespoons rapeseed oil**  
**1 tablespoon sesame seed oil**  
**1 tablespoon red wine vinegar**  
**1/2 lemon juice**  
**1 teaspoon sugar**  
**Pinch of salt**  
**1 teaspoon sesame seeds**

### LET'S GET COOKING

- 1 Heat the frying pan over a medium to high heat and dry roast the cashews, pine nuts and chilli flakes for 3 minutes, or until they start to turn golden.
- 2 Remove the nuts and chilli flakes from the frying pan to a mixing bowl and return the frying pan to the heat. Add a tablespoon of rapeseed oil, the shallots, garlic, ginger and fresh chillies to the pan and cook over a medium heat for 4 minutes.
- 3 Remove the pan from the heat and pour it in to the mixing bowl.
- 4 Add the baby corn, butternut, courgette, white cabbage, spring onions, freshly chopped mint and coriander to the mixing bowl with the nuts and spices and stir well.
- 5 In a jar with a lid, place all of the dressing ingredients. Place the lid on tightly and shake well.
- 6 Pour over the Autumn slaw and mix in well.
- 7 Taste for seasoning and add more lemon or herbs as necessary.

***"This Autumn slaw is delicious on it's own or as a side to the bbq lamb chops with mint & caper sauce. It will also work well with the bbq tuna steaks, lamb kebabs or roasted cauliflower"***