

Fruity Slaw with Cashew & Sunflower Seed Brittle

Servings: 4-6

Prep Time: 15min

Cook Time: 10min

Ingredients

- 1 baby red cabbage; finely shredded
- 50 g mangetout; sliced into thin matchsticks
- 4 carrots; peeled and sliced into thin matchsticks
- 4 spring onions; thinly sliced
- 30 g dried mango; thinly sliced
- Handful of radishes; thinly sliced
- Handful of fresh coriander; roughly chopped

For the creamy tahini dressing you'll need

- ½ cup (125 ml) plain yoghurt
- 3 tbsp. (45 ml) tahini paste
- Squeeze of lemon juice



- 1 tbsp. (15 ml) coriander; roughly chopped
- 1 garlic clove; peeled and crushed

For the salted cashew nut and sunflower seed brittle you'll need

- 1 cup (250 ml) sugar
- 1 tbsp. (15 ml) honey
- 100 g roasted and salted cashew nuts
- 3 tbsp. (45 ml) sunflower seeds

Directions

1. Place all the slaw ingredients into a bowl and toss to combine. 2 Whisk all the dressing ingredients together and pour over slaw.

To make the cashew nut and sunflower seed brittle

2. Place sugar and honey into a heavy-based pot and melt slowly over low heat. Don't stir the sugar; just swirl the pan to distribute evenly.
3. Once melted, allow the sugar to simmer gently until mixture turns a golden amber colour.
4. Quickly add nuts and seeds to hot caramel, and pour onto a lined baking tray. Allow to cool completely. Break into shards and sprinkle over slaw