


RED CABBAGE, MANDARIN AND BEETROOT COLESLAW



 Serves
4

 Prep
15 minutes

Bored with conventional coleslaw? Try this one to add colour and vibrancy to your plate – and your palate!

Cooks Tips:

For a very low fat version, omit the olive oil.

You could use cooked beetroot instead of fresh. Look out for vacuum packs in the fresh vegetable aisle, packed in vinegar.

For speed, shred the cabbage and grate the carrots and beetroot in a food processor – especially useful if you are in a hurry, or need to make a bigger quantity.

	Calories	Sugars	Fat	Saturated Fat	Salt
224g	187	12g	12g	1.8g	0.24g
RI%	9%	13%	17%	9%	4%

METHOD

1. Drain the can of mandarins, reserving 2tbsp of the juice. Put the mandarins into a mixing bowl.
2. Add the red cabbage, carrots, beetroot, red onion and mixed seeds.
3. Stir in the reserved orange juice with the olive oil and vinegar. Season to taste with salt and pepper.

INGREDIENTS

1 1 x 298g can **Princes Mandarin Segments with Juice**

200g red cabbage, finely shredded

150g carrots, coarsely grated

150g raw beetroot, coarsely grated

1 small red onion, finely chopped

50g mixed seeds, toasted

2tbsp olive oil

2tbsp red or white wine vinegar

Salt and freshly ground black pepper



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