

## Asian Slaw

A refreshing dish to serve with some pan-fried chicken or fish, or to add into a sandwich for extra colour, crunch and nutrition! The purple cabbage and capsicum are full of vitamin C, and the bright colour of the vegetables indicate a high level of antioxidants. Remember to eat a rainbow where you can!



### Ingredients

#### Salad:

- ¼ purple cabbage, sliced thinly
- 1 capsicum, sliced thinly
- 2 tablespoon coriander, roughly chopped
- 2 tablespoon crushed peanuts (optional)

#### Dressing:

- 2 tablespoon lime juice
- 1 tablespoon soy sauce/fish sauce
- 1.5 teaspoon sugar
- 1 inch ginger, minced
- 2 garlic cloves, minced
- 1 teaspoon sesame oil (optional)

### Method

Serves  
**3**

- 1 Mix the ingredients for the dressing in a small bowl. Taste and adjust the seasoning to your liking.
- 2 In a large bowl, add in all the slaw ingredients and drizzle over with the dressing.

	PER 122G SERVING	%RI
Energy (Kj)	345 kJ	4%
Energy (Kcal)	82 kcal	4%
Fat	3.8 g	5%
of which saturates	0.6 g	3%
Carbohydrate	7.2 g	3%
of which sugars	6.4 g	7%
Fibre	2.8 g	11%
Protein	2.8 g	6%
Salt	0.95 g	16%



To learn more about good eating habits and preparing nutritious meals for your child's development, scan the QR code and register for the upcoming Healthy with KidSTART Workshop.

# Healthy Ingredients



**Capsicum**

Turn your capsicum over and count the number of bumps - if they have 3 bumps, they're male; 4 bumps and they're female! The female capsicums contain more seeds but are sweeter than their male counterparts!



**Crushed peanuts**



**Soy sauce or fish sauce**



**Sugar**



**Lime**

**Garlic**

**Purple Cabbage**

How many purple vegetables can you think of!

Purple cabbage, sometimes called red cabbage, is part of the same family as other Brassica vegetables like cauliflower and broccoli.



**Sesame oil**

## Let's play WORD SEARCH

- TOMATO
- CAPSICUM
- CABBAGE
- LIME
- PEANUT

Collect three Word Search recipe cards from **September to December** and submit your answers to KidSTART for a chance to receive a bag of fruits!

K B U T Y Y T E G H C K F M Y U M  
 Z G C J B L M O B P P Z N A X D G  
 Y M W A E A N D M E O Y G U Q Q F  
 S C U F B O K S C A P S I C U M C  
 U Z H T F B O R Z N T I T G S Z Z  
 T X L I M E A D E U V O A N A R F  
 C A Q F D P N G G T W C X G I G T  
 Z E U P E O I Y E R R Z B O H H E



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