

Slaw Salad

This is the perfect alternative to coleslaw.

This Slaw salad is friendly on the Gut and simple to make.

Perfect as a side dish for any barbecue.



Ingredients

- ½ courgette
- 1 carrot
- 1 bag of rocket
- 1 bag of radish
- 2 tablespoons of light mayonnaise
- 3 dessert spoons of pine nuts
- Salt & pepper

Method

Grate carrot, radish and courgette and squeeze out any excess water.

Mix the mayonnaise with the carrot, radish, courgette, pine nuts, rocket and add salt + pepper to taste.

Enjoy