

Pomegranate Coleslaw

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Ingredients

For coleslaw:

- 500g coleslaw (either homemade or pre-packed)
- 1 Granny Smith apple, cut into fine julienne
- 2 spring onions (finely sliced)
- 1/3 cup pomegranate seeds

For dressing:

- 1/4 cup grapeseed oil or good quality light olive oil
- 2 tablespoons apple cider vinegar
- 1 tablespoon honey
- 2 teaspoons whole-grain mustard
- Salt and black pepper

Directions

- Combine the vegetables and fruit in a bowl.
- In a separate bowl, whisk dressing ingredients and then pour over coleslaw.
- Season with salt and pepper,

Note: For a really crispy coleslaw, combine dressing and vegetables just before serving.