

Helergon Kitchen

Simple Coleslaw Recipe

Crisp cabbage and carrot slaw with a simple, bright dressing.

15 min Prep time	**15 min** Total time	**4** Servings
Easy Difficulty	**American** Cuisine	

Ingredients

Main Ingredients

- [ ] 1/2 head green cabbage, finely shredded
- [ ] 2 large carrots, peeled and grated
- [ ] 1/4 cup apple cider vinegar
- [ ] 2 tsp sugar
- [ ] 1 tsp Dijon mustard
- [ ] 3 tbsp olive oil
- [ ] 1/2 tsp salt

Instructions

1. Place the shredded cabbage and carrots in a large bowl; sprinkle with salt and let sit for 5 minutes.
2. Meanwhile, whisk together vinegar, sugar, mustard, and olive oil until smooth.
3. Drain any liquid released from the vegetables, pat dry with a clean towel.
4. Pour the dressing over the veggies, toss gently until every shred is lightly coated.
5. Taste and adjust seasoning; add a pinch more sugar or salt if needed.
6. Serve immediately, or refrigerate covered for up to 24 hours.

Nutrition per serving

120 kcal	2 g	12 g	7 g
Calories	Protein	Carbs	Fat

Tips & notes

- If the slaw seems watery, drain again before serving.
- A splash of creamy cucumber dressing can add richness.
- For a sweet-savory twist, stir in a handful of raisins.