



# Broccoli Slaw

**Season:** Winter/Spring  
**Serves:** 30 tastes in the classroom or 6 at home

**Fresh from the garden:** apple, broccoli, lemon, onion

**Note:** Break the broccoli heads into small florets to give students a close look at how the plant grows. Allow students enough time to examine the florets and understand they are made up of many flower buds.

## EQUIPMENT:

metric cups and spoons  
tea towel  
chopping board  
cook's knife  
small frying pan  
wooden spoon  
large bowl  
mixing spoon  
serving bowl

## INGREDIENTS:

2 large heads of broccoli, separated into finger-sized florets, stems and leaves finely sliced  
½ red onion, finely chopped  
1 red apple, chopped into small pieces  
1 cup raisins  
1 cup sunflower seeds,  
2 tbsp extra virgin olive oil  
2 tbsp lemon juice  
½ tsp sea salt  
pepper, to taste  
1 cup Greek yoghurt  
broccoli flowers (optional)

## WHAT TO DO:

1. Prepare all the ingredients based on the instructions in the ingredients list.
2. Place the small frying pan on a medium heat and add the sunflower seeds. Toast, stirring occasionally, until lightly browned.
3. Combine the broccoli, onion, apple, raisins and toasted sunflower seeds in the large bowl.
4. Drizzle the slaw with oil and lemon juice. Sprinkle over the salt and pepper, and toss lightly.
5. Add the yoghurt and mix until the florets are well coated.
6. Transfer to a serving bowl, garnish with broccoli flowers, if using, and serve.

