

YOUNG LIVING<sup>®</sup>  
ESSENTIAL OILS

CHEF KATE

CULINARY OIL  
BRAND AMBASSADOR  
& CHEF-TO-THE-STARS



# VEGGIE COLESLAW WITH COCONUT CITRUS DRESSING



**SERVES** 6 - 8

**PREP TIME** 25 - 30 minutes

## A NOTE FROM CHEF KATE

*“This coleslaw is packed full of nutritious veggies & the dressing is light and full of flavour – it made the perfect side dish at Courteney Cox and David Arquette’s Sunday gatherings. You do not have to use all the veggies listed in the recipe and I’ve suggested amounts/weights as a guideline only. Use your favourite combinations and create your own super-duper signature coleslaw. You can grate or julienne the veggies and cut the cabbage as fine as you like.”*

# VEGGIE COLESLAW

## INGREDIENTS

- 2 cups (200g) Green and/or purple cabbage, finely shredded
- 1 cup (100g) Carrot, peeled and grated
- ½ cup (50g) Zucchini, grated
- ½ cup (50g) Broccoli stems, peeled and grated
- 1 Apple, grated
- 1 Medium spring (green) onion, chopped
- 3 tbsp. Parsley or coriander, finely chopped
- ¼ cup (40g) Sunflower seeds
- ¼ cup (40g) Pumpkin seeds (optional)

# COCONUT CITRUS DRESSING

## INGREDIENTS

- ½ cup Coconut milk
- ½ cup Fresh orange or tangerine juice
- 2 tbsp. Fresh lemon or lime juice
- 2 tsp. Maple syrup or honey, to taste
- 1 tbsp. Coconut aminos (optional)
- ½ tsp. Sea salt, to taste
- Pepper, freshly ground, to taste
- 1 - 2 drops Young Living Lemon, Lime, Orange or Tangerine essential oil



## METHOD

- Mix all the salad dressing ingredients together in a small bowl or blender, then set aside or chill until needed.
- Place all veggies, herbs and seeds in a large mixing bowl. Pour dressing over and gently mix to combine. Check for seasoning and add more salt, pepper and citrus juice if desired. Serve immediately or chill for a couple of hours to let the flavours combine, or for up to 2 days.

**TIP:** Try adding finely chopped red capsicum, some ginger, sesame seeds and a touch of roasted sesame oil to the recipe for variety. The dressing gives a great tangy flavour to this dish and you can also use it for other salads or on steamed veggies and fish.

**NOTE:** I usually make the salad a few hours in advance so the flavours can mingle. If you have any leftovers it's great to add to wraps and sandwiches, or serve it with some cooked chicken or seafood for a healthy lunch or dinner choice.