

# Good Enough 2 Eat

TELEVISION ABOUT FOOD, GOOD FOOD. FOOD GOOD ENOUGH TO EAT!



[www.goodenoughtoeat.net](http://www.goodenoughtoeat.net)

## Coleslaw Crunch

### You'll need:

Half Savoy cabbage, shredded finely  
6 spring onions, sliced  
100g lightly roasted slithered almonds  
1 packet of dried fried noodles

### To make the dressing add:

2 Tablespoons of olive oil  
2 Tablespoons freshly squeezed lemon juice  
1 Tablespoon soy sauce  
1 Teaspoon honey

Put all ingredients in a jar and shake. Make the dressing ahead of time and store until ready to use.

### Here's what to do:

Toss the cabbage, spring onions and almonds in a bowl.  
Add the dressing and mix well.  
Add the dried noodles and toss through thoroughly just before serving.

It's a good idea to add the noodles and almonds just before serving so the salad stays crunchy for longer.

You might prefer the almonds toasted. To do this, put them in a shallow pan and toast under a grill. Be warned, they burn easily so keep a close eye on them.

This is a delicious salad for those who like crunchy food. The cabbage is really healthy too. It's high in vitamin A & E and is said to be a mighty fighter against carcinogens. A healthy salad that's Good Enough 2 Eat!

