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Curry Miso Coleslaw

Serves 6-8

Ingredients-have your ingredients prepared in advance as suggested in the ingredient list.

- 1 ½ pounds red cabbage-green cabbage or a combination of both (you may purchase shredded cabbage)
- ½ pound carrots (you may purchase shredded carrots)
- ¼ cup fresh cilantro
- ½ small red onion or 5 scallions
- 2 tsp fresh ginger
- 2 lg garlic cloves
- 2 Tbs miso paste (white miso)
- 1 ½ Tbs honey
- 1 tsp curry powder
- 1/3 cup rice vinegar
- 1/3 cup cold water
- ½ cup avocado oil or olive oil
- *Optional additions to add protein-cooked shredded chicken, cooked shrimp

Equipment for class

- Cutting board
- Chef's knife, sharpened
- Mandoline for slicing cabbage or you can slice thinly by hand, box grater, or purchase shredded cabbage and carrots.
- Box grater to shred carrots
- Large bowl
- Tongs
- Blender

Curry Miso Coleslaw

1 ½ pounds red cabbage-green cabbage or a combination of both (you may purchase shredded cabbage)

½ pound carrots (you may purchase shredded carrots)

¼ cup fresh cilantro

½ small red onion or 5 scallions

*Optional additions to add protein-cooked shredded chicken, cooked shrimp

Curry Miso Dressing

Makes 1 cup

2 tsp fresh ginger

2 lg garlic cloves

2 Tbs miso paste (white miso)

1 ½ Tbs honey

1 tsp curry powder

1/3 cup rice vinegar

1/3 cup cold water

½ cup avocado oil or olive oil

1. To prepare the salad, shred the cabbage thinly. Shred the carrots. Chop the cilantro and onion.
2. Combine the dressing ingredients in a blender and process until combined. Serve or refrigerate until needed.
3. Combine the cabbage, carrots, cilantro, and onion or scallion in a large bowl. Toss with ½ to ¾ cup of the Curry Miso dressing (or to taste) and season with kosher salt and pepper to taste. The salad can be served immediately but is best chilled.

*If serving w/cooked shredded chicken or shrimp, toss your protein of choice with a little dressing and serve on top of each serving of coleslaw.

