



Tasty Light Slaw with sweet spiced dressing

<https://www.mainland.co.nz/recipe/tasty-light-slaw-with-sweet-spiced-dressing.html>



Prep Time
15 mins

COOKING Time
0 mins

SERVES
4

This sweet and spicy dressing goes so well with crunchy vegetables and tangy cheese. Tasty Light is a great choice for salad as it is lower in fat but is still flavoursome .

Ingredients

- 2 Tbsp Barkers Peach & Mango Chutney
- 1 Tbsp curry powder
- 4 Tbsp mayonnaise
- 1 Tbsp cider vinegar
- 1/4 tsp salt
- 1/4 of an iceberg lettuce, sliced
- 1/4 of a small red cabbage, thinly sliced
- 2 carrots, grated
- 2 stalk celeries, sliced
- 150g Mainland Tasty Light (or try Mainland Edam)
- 50g roasted cashew nuts, chopped, optional

Method

1. In a bowl, whisk together half a teaspoon of curry powder, Barkers Peach & Mango Chutney, mayonnaise, cider vinegar and salt.
2. Taste and add more curry powder if you like. Set aside.
3. Place in a serving bowl with the iceberg lettuce, cabbage, carrot and celery.
4. Cut the cheese into 1cm cubes, add to the salad with the dressing and mix well.