**Perfect plant salad**

  
**Ingredients**  
¼ white cabbage

**Complexity**: low-medium

2 x sticks celery

1 carrot

1 x 15ml spoon of low fat mayonnaise

1 x 15ml spoon of plain yogurt.

**Equipment**

Chopping board, sharp knife - **for adult use only**, kitchen scissors, vegetable peeler, grater, mixing bowl, a 15ml spoon.

**Method**

1. Remove the core from the cabbage.
2. Separate the cabbage leaves and cut them into strips with the scissors.
3. Top and tail the carrot, then peel and grate.
4. Cut the celery lengthways and the snip or cut into small pieces.
5. Place the cabbage, carrot and celery into the mixing bowl.
6. Add the mayonnaise and yogurt to the other ingredients and mix together.

**Top tips**

* Wash all the vegetables before use.
* Instead of the yogurt, try reduced fat fromage frais or crème fraiche.
* Add other vegetables such as sweetcorn, pepper or spring onions.
* Add herbs like chives or parsley.
* Serve with a jacket potato for a tasty lunch.

**Food skills**

* Measure.
* Core.
* Snip.
* Cut and trim.
* Peel.
* Grate.
* Mix.