

Sweet Corn Coleslaw

Serves 6

Ingredients

Dressing

Vegan Mayonnaise (see below for recipe)

1 tsp Dijon mustard

1 tbsp lemon juice

1 clove cooked garlic

Vegan Mayonnaise

½ cup soy milk

1 cup sunflower oil

3 tsp apple cider vinegar

½ to ¾ tsp salt

1 tsp Dijon mustard

Method

For the Mayonnaise

1. Place the soy milk in the blender jug first, then add the vinegar, salt and mustard then the sunflower oil.
2. Blend for 30 seconds or until you see the mayonnaise emulsify.

For the Coleslaw

1. Place the vinegar, 200ml water and 1 tsp salt in a saucepan and bring to the boil. Take off the heat and put the cabbage and carrot into ½ of the liquid.
2. Put the onion in the other ½ of the vinegar liquid and let both the cabbage, carrot and onion sit for 20 minutes.
3. For the hazelnuts, place them on a paper lined baking tray and put in 160°C oven for 10 minutes. Transfer them onto a tea towel and rub off the skins. If using pecans instead of hazelnuts dry roast them in a frying pan.
3. Char grill the corn on a griddle pan. Cook so that it chars the corn. Once cooked, wait for the corn to cool a little and then decob the corn using a knife.
4. Mix the dressing ingredients together.
5. Strain the cabbage, carrot and onion from the liquid and spin in a lettuce spinner.
6. Mix all of the ingredients together and coat with the dressing.



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