

## Lisa's Cracking Coleslaw



### *Ingredients*

1/2 white cabbage, shredded  
1 medium carrot, shredded  
3/4 medium onion, finely grated  
juice of half a lemon  
sprinkling of Goya vegetable seasoning  
3 tbsp sunflower oil  
4 tbsp white wine vinegar  
3 tbsp crème fraîche  
3 tbsp mayonnaise  
3/4 tsp sugar  
2 tbsp water  
1/2 tsp salt  
1+1/2 tsp ground black pepper  
1 clove garlic, crushed

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### *Method*

Shred the cabbage and carrot and place in a large bowl.  
Add the grated onion, lemon juice and Goya seasoning to the bowl and mix.  
Combine all the other ingredients in a separate bowl and thoroughly beat with a fork until a smooth consistency is achieved. Adjust amounts according to taste.  
Pour the sauce over the vegetables, just enough to coat all the veggies with sauce, and mix well.  
Chill in the refrigerator until ready to serve.  
Optionally, sprinkle with a little chopped fresh parsley as a garnish.

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