

## Spice up your summer barbecues with this lovely slaw

Ever hopeful for more warm weather I've opted for a light and refreshing recipe this time, showcasing fennel and kohlrabi in a crunchy and slightly different slaw that would be a welcome addition to any barbeque, if the weather allows!

Fennel has a strong aniseed flavour and is part of the carrot family, so those allergic to carrot (and celery) may also react to fennel. It is a great source of vitamin C, calcium, magnesium, potassium, and manganese, and a good source of fibre with approximately 7g per bulb.

Kohlrabi may look like something from outer space, but it is in fact part of the cabbage family and its milder flavour, similar to broccoli, compliments fennel well. It has good levels of similar nutrients to fennel as well as folate, phosphorus, iron, carotenoids and both soluble and insoluble fibre.

### Fennel and kohlrabi slaw

(serves approx. 4)

1 fennel bulb

½ a medium kohlrabi

½ a red onion

1/8 a medium white cabbage

8-10 mint leaves

1-2 tbsp good quality mayonnaise

pinch of black pepper



Cut the delicate herby fronds off the fennel and keep to the side. Cut the bulb in half through the root so it stays together, then finely slice (or run it through a mandolin) from the top to the root.

Remove the leaves and stems from the kohlrabi (but keep for adding to soups) and cut the bulb in half, set aside one half for another day. Carefully peel the other half, then slice thinly and cut the slices into matchsticks (this can be done with the slices piled on top of each other to save time but mind your fingers!).

Finely slice the red onion and white cabbage, either with a knife or run them through a mandolin.

Finely slice the mint leaves and herby fronds from the fennel.

Mix all the ingredients together in a bowl with the mayonnaise and a good pinch of black pepper.

Enjoy alongside barbequed goodies of your choice (it works particularly well with something spicy) and a big green salad, lovely!

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