Autumn Coleslaw with crunchy seeds



3 tbsp mixed seeds
4 heaped tbsp crème fraiche
3 heaped tbsp mayonnaise
2 tbsp French mustard
4 tbsp french or italian parsley – finely chopped
1 small celeriac – peeled and grated
2 large carrots – peeled and grated
½ small red cabbage – very finely sliced
2 apples – quartered, cored and finely sliced

Method:

- First prepare the seeds. Toast them lightly in a dry pan over a medium heat until they start to become golden brown. Reserve in a small bowl.
- In a large bowl mix together the crème fraiche, mayonnaise, mustard and parsley. Season with some salt and plenty of black pepper.
- Add each of the vegetables as they are prepared, tossing them in the dressing as you go.
- Finally stir through half of the seeds and reserve the rest to top the coleslaw as you serve it.
- Chill in the fridge until you are ready to serve. I think this salad improves if made in advance, as it allows the ingredients to soften slightly and the flavours to infuse.