

Hot and Fruity Caribbean Coleslaw

From *The Happy Foody*

Serves 8

submitted by Carolyn Wilson

Ingredients

- 1/2 Savoy cabbage
- 1/2 white cabbage
- 1/2 red onion, peeled
- 1/2 small mango
- 3 tsp French mustard
- 100 ml cider vinegar
- 8 Tbsp soft light brown sugar
- 100 ml olive oil
- salt and pepper
- 1/2 Tbsp hot chili sauce
- 2 red chillies, seeded and cut into fine slivers

Preparation

1. Remove and discard the cabbage cores and finely shred the leaves. Slice the onion wafer thin (using a mandolin if you have one. Peel the mango and cut the flesh into matchsticks
2. Put the mustard, vinegar and sugar in a jam jar. Screw on the lid and give it a good shake. Add the oil, salt, pepper and hot sauce. Shake again and pour into a large serving bowl. Toss in the cabbage, onion, mango, and chillies and mix well. Taste for seasoning.