

# FARMER SAUSAGE & APPLE SLAW

**Time: 30 minutes**

**Serves: 4**

## **Ingredients:**

500g farmer sausage – sliced  
400g coleslaw mix or shredded cabbage  
2 apples – julienned  
5g apple cider vinegar  
5g salt  
0.5g fresh ground black pepper

## **Preparation:**

Place a large frying pan on medium heat.

When the pan is hot, add the farmer sausage. Cook, turning occasionally until browned.

Remove the sausage from the pan and set aside.

Add the remaining ingredients to the pan. Cook, tossing occasionally until the cabbage is tender-crisp.

Add the sausage back to the pan to warm.

Remove from heat and serve immediately.

## **Nutritional Information Per Serving:**

Calories: 413	<b>Hand-Size Portion Guide</b>
Fat: 27g	Palms of Protein: 1
Carbs: 5g	Fists of Vegetables: 1
Fibre: 0g	Cupped Hands of Carbs: 0
Protein: 24g	Thumbs of fat: 1