

CRUNCH TIME

Sandwich Sliders



Serve information: 4 Sliders

INGREDIENTS:

50g Cabbage, shredded
50g Red cabbage, shredded
1 Carrot, peeled and shredded
1 Shallot
1/2 Bunch flat leaf parsley leaves
80g Mayonnaise
4 Small soft round rolls
(approx. 7cm across)
100g Barbeque chicken
100g Pulled pork
80g Barbecue sauce

EQUIPMENT:

Chopping board
Sharp knife
Scissors
Large bowl
Several spoons
Two forks
2 mixing bowls
Serrated knife
Tongs
Plate



METHOD:

1. Use scissors to chop the shallot
2. Mix the salad ingredients together in a bowl
3. Stir through the mayonnaise
4. Use two forks to pull the chicken away in strands
5. Mix the chicken with half of the barbecue sauce
6. Mix the pulled pork with the other half of the barbecue sauce
7. Use a serrated knife to cut the buns in half
8. Place the chicken on the bottom of two of the buns
9. Place the pork on the bottom of the other two buns
10. Top with the coleslaw, place the lids on and place on a plate

ADDITIONAL NOTES:

Peel carrot



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