



Tropical Slaw with Sweet & Sour Dressing

PREP TIME

10 Min

TOTAL TIME

10 Min

SERVES

4 - 6



Bobby Flay

Bobby Flay's Barbecue Addiction

A medley of mango, pineapple, red cabbage, green onions and cilantro with an easy dressing.

DIRECTIONS FOR: TROPICAL SLAW WITH SWEET & SOUR DRESSING

INGREDIENTS

- ¼ cup cider vinegar
- ¼ cup canola oil
- 2 Tbsp sugar
- Kosher salt and freshly ground black pepper
- 12 oz fresh pineapple, cut into 1/2 inch cubes
- 1 large ripe mango, cut into 1/2-inch cubes
- ½ head red cabbage, finely shredded
- 3 green onions, green and pale green parts only, thinly sliced
- ¼ cup roughly chopped fresh cilantro leaves

DIRECTIONS

1. Combine the cider vinegar, canola oil, sugar and some salt and pepper in a bowl and whisk until the sugar dissolves.
2. Combine the pineapple, mango and red cabbage in a large bowl. Season with salt and pepper, add the dressing and toss to coat. Add the green onions and cilantro and toss again. Cover and refrigerate for at least 1 hour before serving.