



Asian Cabbage Salad

Season: Summer/Autumn

Serves: Serves 8

Fresh from the garden: Cabbage, carrot, spring onion

Equipment:

Saucepan
Chopping Board
Knife
Grater
Baking Tray
Baking Paper
Wooden Spoon
Colander
Mixing Bowl

Ingredients:

SALAD

- 1/2 Wombok Cabbage
- 2 Carrot grated
- 4 shallots/Spring onions
- 1/2 cup toasted slivered almonds
- 50g Changes Fried Noodle

DRESSING

- 2 TBS white vinegar
- 2 TBS white sugar
- 2 tsp soy sauce
- 1 TBS sesame oil
- 1/4 cup olive oil

What to do:

- Place almonds on baking paper on tray in oven at 200 C for 4 minutes making sure they don't burn. Remove and allow to cool.
- Wash Wombok cabbage using a colander (dry using clean tea-towel)
- Finely slice on chopping board and add to mixing bowl
- Peel and grate carrot and add to mixing bowl
- Wash and thinly slice chives/spring onion and add to bowl.
- Combine all dressing ingredients in saucepan until warm. Allow to cool while you mix salad ingredients.
- Pour dressing over the top of salad and mix to combine
- Sprinkle salad with Changs Fried Noodles.

