

Asian Coleslaw

Season: Winter/Spring

Type: Salads

Difficulty: Easy

Serves: 30 tastes in the classroom
or 6 at home

Fresh from the garden: cabbage, carrots, chillies, coriander, daikon, garlic, limes, mint, red onion

Recipe Source: Stephanie Alexander Kitchen Garden Foundation

This delicious fresh salad is a more interesting variation on the traditional carrot, cabbage and mayo version, full of tasty fresh ingredients from the garden and focusing on Asian flavours.

Equipment:

chopping board
knives – 1 small, 1 large
medium saucepan with lid
ladle
tongs
plate
plastic film
1 large bowl
citrus juicer
metric measuring spoons and cups
vegetable peeler
food processor with shredding disc,
or vegetable slicing gadget
tea towel
large metal spoon
serving bowl for each table

Ingredients:

1 carrot
1 daikon
½ cabbage
1 small red onion
20 mint leaves
12 stems coriander

For the dressing:

3 garlic cloves
1 long red chilli
¼ cup lime juice
1 tablespoon rice vinegar
⅓ cup fish sauce
½ cup vegetable oil
2 tablespoons sugar

What to do:

- Peel and finely chop the garlic, and place it in the bowl.
- Cut the chilli in half lengthways and slice it as finely as you can. Place in the bowl.
- Juice the lime. Add the lime juice, rice vinegar, fish sauce, oil and sugar to the bowl, and stir.
- Peel the carrot and daikon. Shred the carrot and daikon using the food processor or slicing gadget, and add to the bowl.
- Shred the cabbage and add to the bowl.
- Peel the red onion, cut it in half lengthways and slice each half into fine rings. Add to the bowl.
- Wash and dry the herbs and set aside some leaves to use as a garnish. Shred the rest of the mint and the coriander.
- Mix all the ingredients together, place in serving bowls and garnish with reserved herbs.

