

# Asian Coleslaw

Season: Winter/Spring

Serves: 30 tastes in the classroom

or 6 at home

Fresh from the garden: cabbage, carrot, chilli, coriander, daikon, garlic, lime, mint, red onion

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:**

metric measuring cups and spoons clean tea towel chopping board cook's knife vegetable peeler citrus juicer large bowl 2 mixing spoons small bowl or jar for dressing serving bowls

### **Ingredients:**

1 carrot, peeled and julienned
1 daikon, peeled and julienned
1/2 cabbage, finely shredded
1 small red onion, peeled and finely sliced
20 mint leaves
12 coriander stems and leaves, roughly chopped

#### For the dressing:

3 garlic cloves, peeled and finely chopped
1 long red chilli, de-seeded and
finely sliced
juice of a lime
1 tbsp rice vinegar

1/3 cup fish sauce 1/4 cup sunflower oil 2 tbsp palm sugar

## What to do:

- 1. Prepare all of the ingredients based on the instructions in the ingredients list.
- 2. Mix the carrot, daikon, cabbage and red onion together in the large bowl.
- 3. Set aside some herbs to use as a garnish and mix the rest of the herbs through the coleslaw ingredients.
- 4. Add all of the dressing ingredients to the small bowl or jar and mix to combine.
- 5. Taste the dressing to ensure the flavours are well balanced.
- 6. When ready to serve, mix the dressing through the coleslaw ingredients, transfer to serving bowls and garnish with the reserved herbs.

