

# Asian Cucumber Salad

**Season:** Summer/Autumn

**Serves:** 30 tastes in the classroom or 6 at home

**Fresh from the garden:** cucumber, long red chilli, mint

## Equipment:

metric measuring spoons and cup  
clean tea towel  
chopping board  
cook's knife  
colander  
small frying pan  
wooden spoon  
bowls – 1 small, 1 large  
whisk  
paper towel  
serving bowls

## Ingredients:

4 cucumbers, de-seeded and cut  
thinly on the diagonal  
½ tbsp salt  
3 tbsp white sesame seeds  
¼ cup fresh mint, finely chopped

### For the dressing:

2 tbsp rice wine vinegar  
1½ tsp sesame oil  
1 small long red chilli, de-seeded  
and finely chopped  
½ tsp sugar

## What to do:

1. Prepare all of the ingredients based on the instructions in the ingredients list.
2. Toss the cucumber pieces with the salt in the colander and let them drain for 10 minutes.
3. Toast the sesame seeds in a dry pan until they're golden brown.
4. Whisk together the rice wine vinegar, sesame oil, chilli and sugar in the small bowl.
5. Rinse the cucumber slices thoroughly under cold water and pat dry with paper towel.
6. Toss the cucumbers with the dressing, mint and toasted sesame seeds in the large mixing bowl.
7. Transfer to serving bowls.

