

Asian Coleslaw

Season: Winter/Spring

Serves: 30 tastes in the classroom
or 6 at home

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

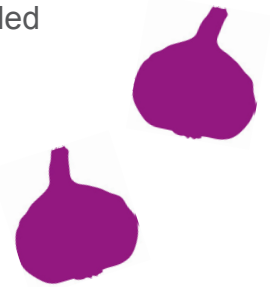
clean tea towel
chopping board
knives – 1 small, 1 cook's
citrus juicer
metric measuring spoons and
cups
large bowl
mixing spoon
vegetable peeler
food processor with shredding
disc, or vegetable slicing gadget
serving bowl for each table

Ingredients:

1 carrot, peeled and julienned
1 daikon, peeled and julienned
½ cabbage, finely shredded
1 small red onion, finely sliced
20 mint leaves, shredded
12 coriander stems and leaves, shredded

For the dressing:

3 garlic cloves, finely chopped
1 long red chilli, deseeded and
finely sliced
½ lime, juiced
1 tbsp rice vinegar
⅓ cup fish sauce
½ 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. Add all of the dressing ingredients to the large bowl and mix to combine.
3. Mix the carrot, daikon, cabbage and red onion together.
4. Set aside some herbs to use as a garnish and mix the rest of the herbs through the coleslaw ingredients.
5. When ready to serve, mix the dressing through the coleslaw ingredients and garnish with the reserved herbs.

