



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
½ 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
⅓ cup fish sauce
¼ 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.

