

## 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:

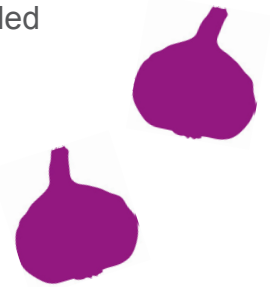
clean tea towel  
chopping board  
knives – 1 small, 1 cook's  
citrus juicer  
metric measuring spoons and  
cups  
large bowl  
mixing spoon  
vegetable peeler  
food processor with shredding  
disc, or vegetable slicing gadget  
serving bowl for each table

### 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.

