

Japanese inspired salad

Equipment:

measuring spoon + cup, bowl, chopping board, knife, salad spinner, grater, serving tongs, glass jar with tight fitting lid, grater

Ingredients:

salad

lettuce leaves
4 cucumbers
15 large mint leaves
15 stalks coriander

dressing

1/3 cup olive oil
2 TBLSPNS rice wine vinegar
1 tspn sugar
thumb-size piece of ginger
tamari
sea salt & pepper

method:

Wash and dry all vegies and herbs.

Scrape the skin of the cucumber with a fork, to create a ridged pattern. Peel lengthwise into thin strips.

Tear lettuce into pieces, put into bowl along with the cucumber.

Rip the mint and coriander and toss through the salad. Divide into the serving bowls, and just before serving drizzle over the dressing.

dressing:

Peel the ginger and grate very finely. Mix with the oil, sugar and vinegar thoroughly to dissolve sugar, and season with tamari, salt and pepper.

PLEASE TASTE BEFORE SERVING.