

Crunchy cabbage salad

Equipment:

knife, chopping board, salad spinner, measuring cups and spoons, bowl, small saucepan, small frying pan, small wooden spoon

Ingredients:

¼ cabbage OR some wombok
½ small red onion -(or 2 spring onions)
½ -1 carrot
1-2 sprigs parsley
50gms pine nuts - optional (or sunflower seeds)
50gms fried noodles

Dressing:

¼ cup olive oil
30mls white vinegar
½ TBLSPN soy sauce
1½ TBLSPN white sugar
1 tspn sesame oil - optional

Method:

Combine all the dressing ingredients in a saucepan. Stir well over low heat until sugar is dissolved. Cool.

Over a low heat, gently roast the pine nuts until they are light brown. Allow to cool.

Finely slice the cabbage, wash, then spin dry. Wash the parsley and finely chop. Wash and chop parsley. Wash and grate carrot.

Toss cabbage, onion, carrot, parsley and dressing together. Just before serving mix through the noodles and nuts. We leave them until this stage, otherwise they go soggy.

** The thinner you can slice the cabbage and onion the yummiier the salad is.