

Chinese Greens Salad

Type: Salad **Serves:** 30 tastes **Recipe source:** Taste.com

From the Garden: Pak/Bok Choy, Salad leaves, Coriander, Mint, Cucumbers

EQUIPMENT:	INGREDIENTS:
Knives	2 Lebanese cucumbers
Chopping boards	1 bunch baby Pak Choy or Bok Choy
Cup Measures	1/2 cup bean sprouts
Tablespoon Measures	1 bunch fresh coriander
Juicer	1 bunch fresh mint
Small Fry Pan	1/4 cup Vinegar
Mortar and Pestle	1/4 cup olive oil
Salad Spinner	1/4 cup brown sugar
Large red bowl	1 1/2 tablespoons soy sauce
Medium blue bowl	1 lime
whisk	1 teaspoon sesame oil
TO SERVE:	1cm ginger
3 salad bowls	1 clove garlic
3 tongs	1/4 cup Crunchy Noodles

What to do:

1. Separate Bok Choy leaves and wash thoroughly. Drain in a colander and then spin in salad spinner until dry. Finely shred the leaves and stems with a knife and put in large red bowl.
2. Do the same with lettuce leaves and carefully tear into small pieces and add to red bowl.
3. Wash and dry herbs in same way and then pick the leaves off the stems and chop finely. Put into large red bowl with Chinese Greens
4. Measure bean sprouts and put into large red bowl with other ingredients
5. Wash cucumbers then slice in half lengthways and then slice diagonally add to red bowl.
6. Dry fry (with no oil) sesame seed in small pan until golden and smelling toasty and set aside to cool

Dressing

7. Measure out brown sugar, olive oil, sesame oil vinegar and soy sauce into medium blue bowl
8. Peel ginger and garlic and crush in mortar and pestle until a paste and add to medium blue bowl
9. Cut lime in half and juice with the hand juicer then add juice to blue bowl as well. Whisk until ingredients are combined
10. Just before serving add dressing, sesame seeds and noodles to salad GENTLY toss together. Divide into 3 salad bowls and serve straight away