



ASIAN SLAW OF THE IMAGINATION



INGREDIENTS

SERVES 6

- ½ head of red cabbage
- 1-2 zucchini depending on size
- 1 red onion
- ½ green papaya
- small bunch of mint
- 1 tbsp sesame seeds

DRESSING

- 3 tbsp apple cider vinegar
- 1 tbsp sesame oil
- ½ tbsp honey
- 1 tbsp soy/tamari
- 1 clove garlic, crushed

FROM THE GARDEN

- cabbage
- zucchini
- red onions
- green papaya
- mint

EQUIPMENT

- Large bowl
- Chopping board
- Sharp knives
- Grater
- Small frying pan
- Measuring spoons
- Pestle and mortar
- Small bowl
- Fork

INSTRUCTIONS

1. Start by making the dressing. Crush the garlic in a pestle and mortar, and then combine remaining ingredients with the garlic in a small bowl.
2. Slice the red onion very thinly, and add to the bowl of dressing. Steeping the onion in the dressing will soften its flavour.
3. Finely slice the cabbage, and add to the large bowl.
4. Peel the papaya, and remove the seeds. Grate the papaya and zucchini and add to the cabbage.
5. Pick the leaves off the mint, and roughly chop. Add to the large bowl.
6. Place the small frying pan over a medium heat, and then add the sesame seeds. Dry roast them until they begin to turn golden, then set the pan aside to let them cool.
7. When you are ready to serve, toss the slaw to combine all the ingredients. Then pour the dressing and onions over all the vegetables and mix to coat everything evenly. Garnish with the toasted sesame seeds, and any edible flowers if you have them.