

Carrot and Mandarin Slaw

From our garden: mandarins

NOTES TO STUDENTS and VOLUNTEERS:

1. Read the recipe and collect the equipment you will need today.
2. Collect your ingredients
3. Focus on your peeling, grating and cutting skills.

Equipment

Chopping board
Large knife
Peeler
Grater
Large bowl
Small bowl
Measuring jug
Measuring spoons
Whisk
Large spoon
4 serving bowls
4 sets of serving spoons

Ingredients

- ½ wombok (Chinese cabbage)
- 2 carrots
- 2 mandarins
- Handful of mint

Dressing:

- ¼ cup vegetable oil
- 2 tablespoons white wine vinegar
- 2 tablespoons light soy sauce
- 2 tablespoons white sugar

What to do

1. Finely shred the wombok.
2. Wash, peel and grate the carrots.
3. Peel the mandarins and divide into segments.
4. Wash and coarsely tear the mint into small pieces.
5. Combine the cabbage, carrots, mandarin segments and mint in a large mixing bowl. **Gently** stir with a large spoon to mix the ingredients.
6. In a small bowl whisk the vegetable oil, white wine vinegar, light soy sauce and sugar until well combined.
7. Wash up any utensils and clean your workspace.
8. Pour dressing over salad just prior to serving.
9. Transfer onto 4 serving bowls or platters. Don't forget the salad servers!