

Sweet and sour Celery and Crispy Noodle and Sesame

Ingredients:

- 1 head celery, washed and cut on the diagonal
- 1 bunch silver beet stalks, washed and cut on the diagonal
- 1 tbsp sugar
- ¼ tsp salt
- 1/8 tsp cayenne pepper
- 50ml apple cider vinegar
- 1 small tin pineapple slices, drained juice reserved
- 1 tomato, chopped
- 1/3 cup sesame seeds
- Crispy noodles for garnish



What to do:

- 1) In a large pan pour in pineapple juice and 1 cup water.
- 2) Add celery, silver beet stalks, sugar, salt and cayenne pepper.
- 3) Bring pan to the boil with a lid slightly off centre to vent steam.
- 4) Cook until celery is tender and the water has evaporated (about 5mins).
- 5) Remove pan from heat and dress with vinegar.
- 6) Arrange on serving dishes scattered with sesame seeds and crispy noodles.

