

WOMBOK & CRUNCHY NOODLE SALAD

From our garden: spring onions, garlic chives

NOTES TO STUDENTS: Please **double** this recipe for the class today. Please practice your knife skills and cutting the vegetables very finely.

NOTES TO VOLUNTEER: Please supervise the cooking of the dressing and the correct use of knives focusing on fine cutting skills.

EQUIPMENT

Large knife
Chopping board
Grater
Peeler
Measuring cups
Measuring spoons
Large mixing bowl
Small saucepan
Wooden spoon

INGREDIENTS

¼ wombok
1 spring onion
1 carrot
50gms fried noodles

Dressing:

¼ cup olive oil
¼ cup white vinegar
2 tablespoons soy sauce
3 tablespoons white sugar

Garlic chives to garnish

What to do

- Make the dressing first by combining all the dressing ingredients in a small saucepan. Stir over low heat until the sugar is dissolved. Set aside to cool.
- **Finely** shred the wombok. Place in large mixing bowl.
- Wash, peel and finely slice the spring onion. Add to the bowl of wombok.
- Wash, peel and grate the carrot. Add to the bowl of wombok and spring onion.
- Toss wombok, spring onion, carrot and dressing together in the large mixing bowl.
- Just before serving mix through the noodles. Leave this to the last minute prior to serving otherwise they will go soggy.
- Transfer into serving bowls and garnish with garlic chives.
- When serving don't forget to serve the salad with serving spoons.