

Cabbage and Crunchy Noodle Salad

Equipment needed –

Small knives, chopping boards, graters, small saucepan, measuring spoons, 1 large bowl and 3 large serving bowls.

Ingredients from the Garden –

- Cabbage finely shredded
- Carrots, washed and grated
- Lettuce finely shredded
- spring onions, finely chopped

Ingredients from the Pantry –

- 2 packets fried noodles
- 200 grams toasted pumpkin seeds
- ½ cup of rice wine vinegar
- 2 tablespoons of soy sauce
- ½ cup of caster sugar
- 2 tablespoons of sweet chilli sauce

What to do –

1. To make the dressing measure out 1/2 cup of rice wine vinegar and ½ cup of caster sugar and place in a small saucepan. Cook over a medium heat until the sugar dissolves. Transfer into heat proof bowl and set aside to cool.
2. While the dressing is cooling down, wash and grate the carrots. Place in a large bowl.
3. Wash and finely chop the cabbage. Add to the large bowl.
4. Wash and finely shred the lettuce. Add to the large bowl.
5. Finely chop the spring onions. Add to the large bowl.
6. Add the noodles to the bowl of vegetables and toss well to combine.
7. Once the dressing is cool add 2 tablespoons of soy sauce and 2 tablespoons of sweet chilli sauce and stir to combine.
8. Pour the dressing over the salad and toss to combine.
9. Divide the salad into 3 serving bowls

Serves –

- 28 students.