

WOMBOK SLAW

Equipment needed –Peel and crush the gar

Vegetable peelers, grater, chopping boards, knives, measuring spoons, measuring cups, large bowl, medium bowl, salad spinner and 3 serving bowls.

Ingredients from the Garden –

- 1 wombok
- 1 bunch of coriander
- 4 carrots

Ingredients from the Pantry –

- ½ cup of mayonnaise
- 4 tablespoons of sweet chilli sauce
- 4 teaspoons of soy sauce

What to do –

1. Wash and dry the wombok using a salad spinner.
2. Finely chop the wombok and place in a large bowl.
3. Peel and grate the carrots and place in a large bowl with the wombok.
4. Wash and dry the coriander, then finely chop both the leaves and stems and place in the large bowl with the wombok.
5. To make the dressing, measure out ½ cup of mayonnaise and place in a medium bowl.
6. Measure out 4 tablespoons of sweet chilli sauce and add to the bowl with the mayonnaise.
7. Measure out 4 teaspoons of soy sauce and add to the bowl with the mayonnaise. Mix well to combine.
8. Add the mayonnaise mixture to the wombok mixture and mix well to combine.
9. Divide the wombok slaw into 3 serving bowls and serve.

Serves –

- 28 students.