

CRUNCH TIME

Asian Salad Cones



Serve Information: 6 Salads in Banana Leaf Cones

INGREDIENTS:

Half wombok Chinese cabbage, shredded
4 shallots
100g snow peas, thinly sliced
Half red capsicum, deseeded, thinly sliced
1 carrot, peeled
One quarter bunch coriander
One quarter bunch mint
50g Toasted peanuts
100g Beansprouts
Half lime
1 Tbsp peanut oil
2 tsp brown sugar
1 tbsp soy sauce
100g packet crunchy fried noodles
1-2 banana leaf
(from Asian supermarket)

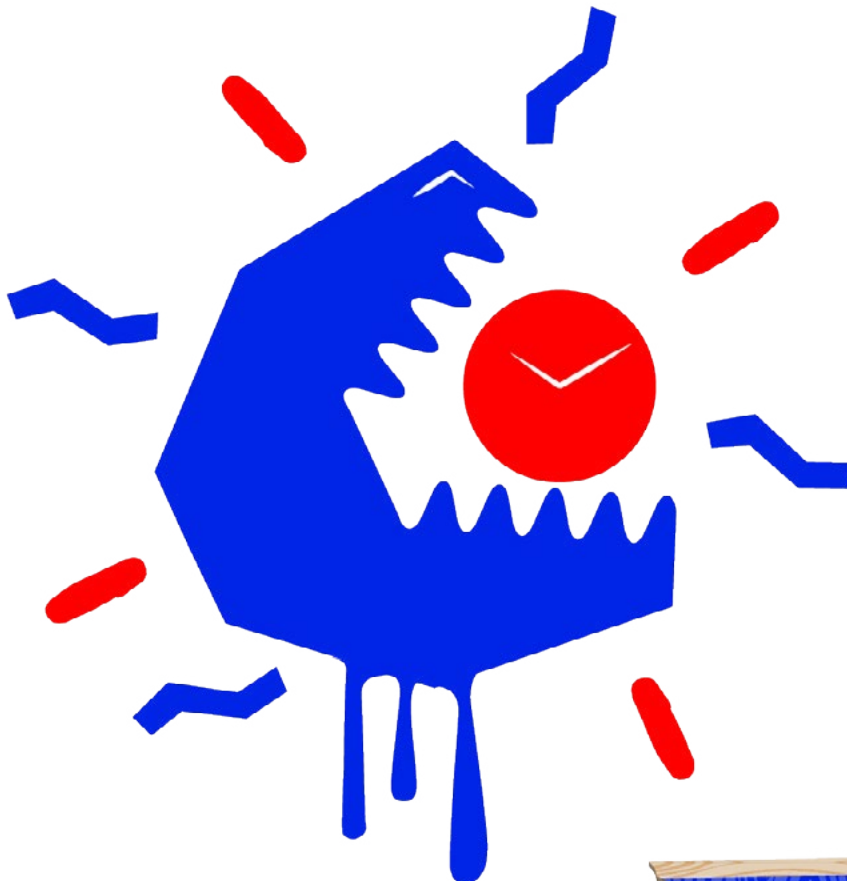
EQUIPMENT:

Chopping board
Sharp knife
Vegetable peeler
Box grater
Mortar and pestle
Large bowl
Lemon juicer
Screw-top jar with lid
Tongs
Scissors
6 toothpicks
Plate



METHOD:

1. Use scissors to thinly slice shallots
2. Use box grater to grate carrot
3. Pick coriander and mint leaves
4. Crush peanuts in a mortar and pestle
5. Place cabbage, shallots, carrot, snow peas, red capsicum, coriander and mint leaves, crushed peanuts and bean sprouts in a large bowl
6. Juice the lime
7. In a screw-top jar, add the lime juice, oil, sugar and soy sauce. Secure the lid and shake
8. Pour the dressing over the salad and toss to combine
9. Sprinkle with fried noodles
10. Roll banana leaf squares into cones and secure with a toothpick
11. Place the salad inside the banana leaf cones and serve on a plate



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