

Recipe No. 4/2013

Asian Summer Salad

A light, refreshing and healthy salad with a hint of Asia.

Ingredients

Fresh Ginger – About 1cm
1 Clove Garlic
1 Strip Orange rind about 3cm
15ml Apple Cider Vinegar
15ml Sesame Oil
½ Orange, Peel Removed
¼ Small Red Onion
2 Large Carrots, Peeled and Cut into 2cm Pieces
300g Cabbage, Cut into Pieces

To Garnish

30ml Sesame Seeds, Roasted (Optional)

Method

- Place ginger, garlic and orange rind into TM bowl. Chop **5 secs/speed 7**.
- Add remaining ingredients. Chop **3 secs/speed 4**. With TM Spatula, scrape down sides. Chop a further **3 secs/speed 4**.
- Place in a serving bowl and sprinkle with sesame seeds.

Chef's Tips

- Replace onion with chives
- Salad is best served a few hours later to allow flavours to mingle.
- Wonderful served in a wrap with tahini and steamed chicken.



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