

# Crunchy Thai Salad

**Serves: 6**

**From the Garden:** wombok, spring onions, mint, coriander, cucumber, snow peas, carrot

## Ingredients:

2 cups wombok cabbage  
1 cup red cabbage  
2 spring onions  
1 cup snow peas  
1 carrot  
100g cooked, chilled noodles  
1 cooked chicken breast, skinned  
2 cups bean sprouts  
coriander leaves  
mint leaves

## Dressing ingredients:

4 tbsp fresh lime juice  
1 tbsp sesame seed oil  
3 tbsp olive oil  
1 tbsp soy sauce  
1 tsp brown sugar  
1 tbsp freshly grated ginger  
1 tbsp sweet chilli sauce  
4 tbsp unsalted cashews

## Equipment:

Basic toolbox, 2 x Chopping board, chef knives, large bowl, small bowl, non-stick frying pan, black steel frying pan.

## Method:

1. Wash and dry spring onion, carrot, herbs and snow peas and dry thoroughly.
2. Boil kettle. Measure out noodles and put in a medium bowl on a trivet.  
**\*Pour boiling water over the noodles\*** and leave for 1-2 minutes until noodles are soft. Drain in a strainer and set aside.
3. Slice chicken breast in half and cook with a little olive oil in a non-stick frying pan. When cooked, set aside to cool slightly.
4. Toast cashews in a black steel frying pan. Roughly chop and set aside.
5. Discard the outer leaves of wombok. Cut into very fine slices, just like a coleslaw and place in a large bowl.
6. Discard the outer leaves of the red cabbage and cut into fine slices and put into large bowl.
7. Peel carrot and cut into a julienne or matchsticks and add to bowl.
8. Snap the tops off the snow peas and then slice finely diagonally. Add to large bowl.
9. Peel off the outer layer of spring onions and cut off the roots and discard. Slice spring onions diagonally and add to bowl.
10. Measure and add bean sprouts.
11. Roughly chop herbs and add to bowl. A good handful of each will be fine.
12. Chop chicken into thin strips and add to salad.
13. Place noodles on chopping board and just chop a couple of times to make sure there are no really long pieces.
14. To make the dressing... Place all the ingredients in a small bowl and whisk together. Or put everything in a clean jar and shake.
15. Pour the dressing over the salad and toss salad.
16. Place in serving bowl or small platter and garnish with cashews and extra coriander or spring onion slices.

**Tasks within two \* \_\_ \* means please get an adult to help.**

Recipe reference: adapted from "The Return of the Naked Chef" by Jamie Oliver