Vietnamese Style Salad

Ingredients

¼ medium sized wombok (Chinese cabbage)
1 large carrot
¼ red onion
½ cup bean sprouts
20 mint leaves
Small bunch coriander
Crunchy noodles

Salad Dressing

1 lemon
1 Tablespoon fish sauce
1 Tablespoon oil
2 cloves garlic
2 Tablespoons sugar
Pinch of salt
Vietnamese Style Salad

Method

Finely shred the cabbage. Place in a large bowl.

Peel and grate the carrot. Add to the bowl.

Peel the skin from the onion and then slice it finely. Separate the layers with your fingers. Add to the bowl.

Add the bean sprouts to the bowl.

Wash the mint leaves and coriander. Roughly tear the leaves with your fingers and add to the bowl.

Add the dressing to the salad and mix well. Scatter the noodles over the salad. Serve.

Making the dressing

Juice the lemon, pour into a jug.

Add the fish sauce, salt, sugar and oil.

Peel and crush the garlic. Add to the jug.

Whisk all the dressing ingredients together until the sugar has dissolved.

Recipe Source: Woodend Primary School web site