



Thai cucumber salad

Type: Summer/Autumn
Garden Harvest: cucumbers
Recipe Source: Jennifer McCann
(Vegan's lunchbox)

Ingredients:

*½ cup rice vinegar
3 tablespoons sugar
4 medium cucumbers
1 small red onion, very thinly sliced
Salt*

Equipment:

*Spoon & cup measures
Knife
Chopping board
Small saucepan
Wooden spoon
Medium bowl
Peeler
Spoon*
For serving:
*3 x bowls
3 x dessert spoons*

What to do:

- * *Combine the vinegar and sugar in a small saucepan and bring to a boil, stirring to dissolve the sugar. Reduce the heat to medium-low; cook for 2 to 3 minutes or until the sugar has dissolved completely and the vinegar has reduced slightly.*
- * *Transfer the vinegar dressing to a small bowl and refrigerate until completely cool.*
- * *Peel the cucumbers and use a mandolin or sharp knife to slice them into very thin rounds.*
- * *Take the cooled dressing out of the fridge and add the cucumbers and onions to the dressing bowl. Toss to coat evenly & season with salt to taste.*
- * *Share the salad evenly amongst 3 bowls and place on share table or refrigerate until ready to serve.*

Toasted Seeds

What to do:

- * *Place dry frying pan over medium heat and roast seeds until golden but not brown.*
- * *Working very quickly drizzle the tamari over the seeds and stir quickly and continuously until moisture has gone being careful not to burn.*
- * *Remove from heat immediately to cool.*
- * *Share seeds amongst 3 small bowls for share table.*

Ingredients:

*¼ cup of either pepita's
or sunflower seeds
½ tablespoon tamari*

Equipment:

*Small frying pan
Wooden spoon
3 small bowls for serving*