

Chinese Salad

Preparation : 15 minute
Cooking Time : 15 minutes
Serves : 4

This Chinese salad is so refreshing and light with beautiful flavours filtering through the dish it will make you want to come back for more.

INGREDIENTS

• 100gm vermicelli noodles - very fine • 2 tsp salt • 2 tsp Chinese black vinegar • 1 large Chinese cabbage • 4 spring onions • 1 tbsp peanut oil	• 500gm pork mince • 3 tsp light soy • ½ tsp sesame oil • 1 red capsicum • 2 tsp fresh grated garlic
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METHOD

1. Remove several outer green leaves of Chinese cabbage to leave white leaves only, discard green leaves. Leaving cabbage intact wash thoroughly and cut bunch in half length ways, then thinly 6mm thick across ways. Place in large bowl.
2. Clean red capsicum and slice length ways after removing stork end, remove seeds. Slice thinly 4mm and place in bowl.
3. Wash spring onions and remove root end. Remove most of green end, cut length ways and slice white portion finely 3mm. Add to bowl.
4. Grate 2 tsp (8 knobs) of garlic and place 1 tsp into bowl and set aside the other.
5. Boil water in pot and add vermicelli, cook 2 minutes remove and place immediately in cold water, set aside.
6. Prepare wok and heat oil very hot. Swirl to coat wok sides, add pork mince, salt, light soy and sauté, Add Chinese vinegar, 1 tsp garlic and sauté 1 -2 minutes.
7. Pour cooked pork over vegetables.
8. Remove cooked vermicelli and cut into 32mm lengths, and add to salad.
9. Add sesame oil and thoroughly mix all ingredients together.
10. Serve in suitable bowl.

ACKNOWLEDGEMENTS

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