



Asian Slaw

List of ingredients

- 1 cup brown rice
- 1+ $\frac{1}{4}$ cups water
- 1 teaspoon salt
- $\frac{1}{2}$ cabbage sliced thinly
- 2 sticks celery, thinly sliced
- 2 spring onions, thinly sliced
- 3 tablespoons sesame seeds

Dressing

- 2 tablespoons soy sauce
- 2 tablespoons sesame oil
- 1 teaspoon fresh ginger, minced
- 1 teaspoon garlic, minced
- $\frac{1}{4}$ cup vinegar
- 2 teaspoons brown sugar

Feeds 4 people.

How to cook the dish

1. Heat the water and salt to boiling then add the rice. Cook 15 to 20 minutes covered with a lid on low heat. All the water should be absorbed and the rice tender. Remove from pot and cool.
2. In a bowl whisk together the ingredients for the dressing.
3. Mix together the cabbage, celery, spring onions and sesame seeds in your salad bowl and then pour over the dressing.
4. Once the rice is cooled toss all the vegetables with the rice.

Tip:

This salad looks good if you can use a combination of red and green cabbage.