

Cabbage, Pea & Parmesan Salad

Bialik College Kitchen Garden Program



Equipment:

- 600g green cabbage, shredded
- 200g peas podded
- 1/2 cup parsley, chopped
- ½ cup mint, chopped
- 150g radishes, thinly sliced
- 1 red chilli
- 150g parmesan cheese, grated
- 50ml lemon juice
- 100ml extra virgin olive oil
- salt/pepper

Ingredients:

- saucepan
- colander
- chopping board
- knife
- salad spinner
- grater
- juicer
- scales
- whisk

Method:

1. Place a pot of water on the stove and bring it to the boil.
2. Add a large pinch of salt.
3. Pod the peas & place in the boiling water for 2-3 minutes.
4. Drain & rinse under cold water. Set aside.
5. Combine the cabbage, parsley, mint, peas, radishes, chilli (remember to use gloves when chopping the chilli!) and ½ the parmesan. Toss to combine.
6. For the lemon dressing, whisk oil, lemon juice & salt/pepper.
7. Pour dressing over salad, season to taste and serve salad with the remaining parmesan scattered over it.