

Cabbage, Kale & Carrot Salad

Bialik College Kitchen Garden Program



Ingredients:

- 2 cups shredded cabbage
- 4 carrots, shaved into long strips using a peeler
- 1 cup shredded kale, stems removed
- 2 bok choy, thinly sliced
- 2 spring onions, finely chopped
- 2 tablespoons sesame seeds, toasted
- Dressing:
 - 1 tablespoon olive oil
 - 1 tablespoon sesame oil
 - 2 tablespoons apple cider vinegar
 - 1 tablespoon maple syrup
 - 1 tablespoon tamari

Equipment:

- chopping board
- knife
- peeler
- whisk
- small bowl
- metric measuring cups/spoons

Method:

1. Strip stems of kale leaves and cut into very thin strips.
2. Place kale in a bowl with a tablespoon of olive oil and massage into leaves until they softened and begin to wilt. (1 minute)
3. In a large bowl, place the kale, cabbage, bok choy, carrots and spring onion.
4. In a small bowl, whisk all of the dressing ingredients together. Drizzle dressing over salad 10 minutes before serving to marinate.
5. Top with toasted sesame seeds and serve.