

Asian Coleslaw



Ingredients

1 Bunch	Bok Choy
1	Chinese Cabbage, or other Cabbage
2-3 Sprigs	Coriander
1	Leek
1 Medium bottle	Mayonnaise
1	Red Capsicum
	Salt & Pepper to taste
1 Bunch	Spring Onions

Preparation

Wash all fresh ingredients. Extract one clean leaf of the cabbage and put into a bowl of iced water (to stiffen the leaf). Then remove any “dead” sections/leaves from the “greens”. In the case of the cabbage, remove the leaves with sand in between and/or discoloured sections and use only the green parts discarding the white parts (could be good for compost). Then cut up the balance “good greens” into small pieces.

When cutting up the Red Capsicum, remove the seeds.

Mix all the cut ingredients in a large bowl, adding enough Mayonnaise to make a “creamy” salad. Remove the cabbage leaf from the iced water, dry and serve the coleslaw into it. Add a crumbed fish or meat ball or anything else you like with the coleslaw which is delicious and different!

Enjoy.