

Sliced Chinese cabbage salad, tomato and cucumber brunoise, refreshing Asian vinaigrette |

Recipe for 4 servings / 12 tapas

Description

A simple salad that will take you on a journey.

Note

You can replace the orange juice with tangerine juice.

The oil can be replaced by olive oil.

The maple syrup with honey.

Whether as tapas for around 12 people, for an appetizer this is equivalent to around 4 people.

Ingredients

Salad

- 0.50 Unit(s) Chinese cabbage
- 3 Unit(s) Italian tomatoes
- 3 Unit(s) Libanese cucumber
- 5 Sprig(s) Fresh cilantro
- 2 Unit(s) Green onion

Dressing

- 30 Ml Lime juice
- 20 Ml Orange juice
- 10 Ml Maple syrup
- 20 Ml Soy sauce
- 40 Ml Canola oil
- 5 Ml Roasted sesame oil
- 2 Tbsp White and black sesame seeds
- 2 Tbsp Grilled soybeans

Preparation

- Preparation time **30 mins**

Setting up

Squeeze lime juice and orange juice.

Cut the Italian tomatoes lengthwise into quarters, removing only the flesh (petals).

Trim the ends of the cucumber, and cut into sections about four long.

Remove the leaves from the Chinese cabbage, making sure they're clean.

Toppings

Tomato petals

Cut the petals into sticks, then in the other direction into small cubes (brunoise).

Cucumber slices

Over the height of the cucumber, cut strips of about (0.5 cm), cut the strips into sticks, then in the other direction into small cubes (brunoise).

Chinese cabbage leaves

Roll lightly, then slice thinly. Set aside in a bowl in the fridge

Dressing

Mix all the ingredients in a bowl without the seeds; you can add them just before serving.

On the plate

Mix together the Chinese cabbage and vegetable brunoise.

In a bowl or plate, make sure to place the sliced Chinese cabbage with some volume.

Add the green onion and the seeds (sesame and toasted soy) to the dressing, drizzle over the salad, and sprinkle here and there with coriander leaves.

Bon appétit!