Prep Asian Crunch Salad

Carrot and zucchini ribbons pickled in sushi vinegar. Yield 1kg.



Contains Gluten - Sulphites

INGREDIENTS

- 500g Carrots
- 500g Zucchini
- 300ml Prepared sushi vinegar

METHOD

1. Wash the carrots and zucchinis well and pat dry.
2. Peel the carrots and discard the peels.
3. Use the vegetable peeler (not the julienne peeler) to make long flat ribbons out of the peeled carrots and the zucchinis.
4. Pour the sushi vinegar over the veggie ribbons.
5. Mix through and leave to marinate for at least 1 hour before service. Stir every 30min
6. Label and date.
7. Keep in a sealed container in the fridge for 2 days.

EQUIPMENT

- Vegetable peeler
- Large spoon
- Large mixing bowl
- Airtight container

TIPS

- The vegetable ribbons don't have to be covered in vinegar - rather stir it around for good vinegar coverage. The vegetables will relax and collapse into the vinegar solution.

NOTES

- Shelf life: 2 days refrigerated.

WATCH THE METHOD

Asian Crunch Salad Prep https://www.youtube.com/watch?v=HkxAOHT65a0