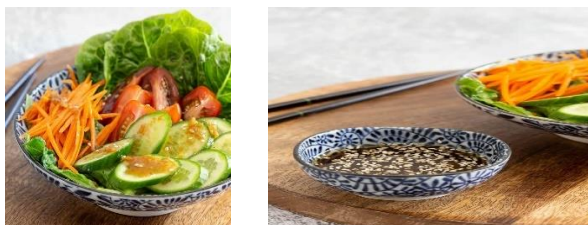


## Fresh Salad with Wafu Dressing



### Ingredients:

- Small bunch of fresh Coriander
- Small bunch of fresh Parsley
- 1 x lettuce, roughly cut into bite size
- 2 cups of seasonal vegetables, chopped or julienned (sliced into thin match sticks)

#### Wafu Dressing

- ½ Red Onion, minced/finely chopped
- 2 tablespoons Soy Sauce
- 2 tablespoon Sesame Oil (Olive Oil for allergies to sesame seed)
- 3 tablespoon rice white vinegar
- 1 tablespoon brown sugar
- ½ lime juice

### Instructions

#### 1. To make the Wafu Dressing:

Dice red onion as small as possible.

In a pot, 1 tablespoon of the rice white vinegar and brown sugar and heat over a slow heat setting.

Add onion and cook until the onion is soft.

In a jar, pour in soy sauce, oil (either sesame **or** olive oil depending on allergies), lime juice and the rest of the vinegar.

Then stir in the cooked onion.

Put lid onto the jar and combine the dressing ingredients by gently shaking the jar.

2. In a large bowl, combine all salad ingredients that have been peeled, chopped and cut up into small bite size.
3. Add Wafu dressing to salad just before serving.
4. Wash and dry dishes. Wipe down benches. Put dirty tea towels in laundry.