

Korean Vegetable Salad

(serves 4-6)

Ingredients: -

1 - small turnip, peeled and cut into long thin strips

2 - 4 tbsp - sunflower oil

1 - small onion, finely chopped

125g/4oz - mushrooms, thinly sliced

2 - celery stalks, thinly sliced

3 - spring onions, chopped

1 - carrot, scraped and cut into long, thin strips

1 tbsp - pine nuts, finely chopped

Salt

Dressing: -

3 tbsp - soy sauce

1 tbsp - brown sugar



1 tbsp – vinegar

½ tsp - ground ginger

black pepper

Method: -

Sprinkle the turnip strips with salt and set aside for 15 minutes.

Heat 2 tablespoons of the oil in a frying-pan.

Add the turnip strips and fry for 3 to 4 minutes or until they are crisp.

Transfer the turnip strips to kitchen paper towels to drain and cool.

Add the onion to the pan and fry until it is golden brown.

Add the onion to the turnip strips and leave to drain and cool.

Add the mushrooms to the pan, with more oil if necessary, and fry for

4 minutes, stirring frequently.

Transfer to kitchen paper towels to drain and cool.

Add the celery to the pan and fry until it is light gold.



Transfer to kitchen paper towels to drain and cool.

When the fried vegetables are cold, combine them with the spring onions and carrot in a serving dish.

Sprinkle over the pine nuts.

Mix together the dressing ingredients and pour over the salad.

Toss well and serve.
