



Cucumber and apple salad

Recipe by Kate Caire



Serves 4 (as a side)



15 mins

INGREDIENTS

- 4 Lebanese cucumbers or 2 continental cucumbers
- 1 Granny Smith apple
- ¼ cup balsamic vinegar
- 3 tbsp soy sauce
- 1 tsp sesame oil
- 1 tbsp chilli oil
- ¼ cup cashews
- Spring onion and coriander (optional) to garnish

DIRECTIONS

1. Matchstick (julienne) the apple and cucumber.
2. Whisk the vinegar, soy sauce, sesame oil and chilli oil in a bowl, and then toss with apple and cucumber.
3. Roughly chop the cashews and spring onion and sprinkle on top to serve

Serve along side your family's BBQ favourites or sticky chicken wings; or poach a chicken breast, shred it and mix through the salad to make it a meal on its own.



Afternoons

with Joel Rheinberger
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