



# Seabed Cucumber Salad

serves 8



A delicious and refreshing salad to make any dish look summery and pretty. A fun addition to the Fish Pie Ships recipe – these can be the waves on which the ship sails on!

## Equipment

Apron  
Non slip mat  
Chopping Board  
Peeler  
Sharp Knife  
Measuring Cups  
Measuring Spoons  
Bowl  
Serving Dish

## Ingredients

1 large cucumber  
1/4 cup rice vinegar  
2 tablespoons lime juice  
1 teaspoon sugar  
3 tablespoons chopped fresh coriander

## Nutrients

Cucumbers are full of water and fibre – a good way to refresh yourself and look after your tummy as the fibre sweeps your tummy! Vinegar and lime juice help top up your stomach acids so that you digest your food well.

## Method

- Cut cucumbers in half lengthwise and scoop out any large seeds.
- Slice crosswise into very thin slices using a peeler.
- In a small bowl combine vinegar, sugar, lime juice and coriander. Mix well. cucumbers for at least 1 hour before serving.
- Place cucumbers inside of the bowl, stir so that cucumbers are coated with the mixture.
- Refrigerate the bowl of cucumbers for at least 1 hour before serving.

Remember that peelers are very sharp, so always hold the cucumber pointing down onto a chopping board and slide the peeler downwards towards the chopping board. When the cucumber gets too thin, lay it down against the chopping board and peel as few more strips, its not necessary to peel it all, rather discard the piece than have peeled fingers! Try something different next time and add a splash of sesame oil when making the dressing, then sprinkle some sesame seeds on top of the cucumber salad when serving. If you like something more spicy, add a small chopped up chilli to the dressing as well, but make sure you deseed the chilli before chopping it. If you want to add more colour to the salad, add some carrots that have been sliced into matchsticks (Julien cut) or you can peel it the same way as the cucumber. Enjoy being creative!

**Skills used:** Today you have: washed vegetables ; cut ; scooped to deseed ; peeled ; combined a dressing and tossed to mix.

