

# Asian cucumber salad

**Season:** summer

**Serves:** 4 as a side

<p><b>Equipment:</b> chopping board rolling pin colander cook's knife (for educator) serving bowl whisk mezza luna measuring cups measuring spoons cutlery spoon</p>	<p><b>Ingredients:</b> 2 cucumbers ½ teaspoon salt ½ cup spring onion ½ teaspoon finely grated ginger. 2 teaspoons sunflower seeds chopped roughly.</p> <p><b>Dressing</b> 2 teaspoons rice vinegar 1 teaspoon soy sauce 2 teaspoons vegetable oil</p>
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## What to do:

### Smash & salt cucumbers

1. Hit cucumbers **gently** with a rolling pin to make the sides burst open, but not to smash to pieces. Cut in half lengthwise then into 2.5cm pieces.
2. Place in a colander, toss with ½ teaspoon salt. Set aside, over a bowl for 20 minutes to draw out water.

### Mix salad

3. **Whisk** dressing in a serving bowl.
4. Put green onion, sunflower seeds, in with the dressing, add cucumbers. **Mix** until spring onions go soft.
5. **Serve** with crispy spring onion pancakes.