Asian Salad & Wafu Dressing

Yield: Serves 4

Salad Ingredients
- 2 cups of thinly sliced lettuce
- 2 tomatoes, seeded and diced
- 1/2 English cucumber, sliced
- 2 cups thinly sliced cabbage
- 1/2 cup of Edamame beans
- 1 large carrot, sliced into julienes
- Nori garnish, sesame if available

Wafu Dressing Ingredients
- ½ small onion
- 2 tbsp of freshly peeled fresh ginger
- 1 tbsp Dijon Mustard
- 1 tbsp sesame oil
- 1 tbsp Japanese soy sauce
- 2 tbsp rice vinegar
- 2 tsp caster sugar
- 1 cup vegetable oil
- 1½ tsp toasted white sesame seeds

Preparation

In a food processor, blender or with a hand blender, place all ingredients except the vegetable oil and sesame seeds. Blend until smooth. Slowly incorporate the oil while mixing. Garnish with toasted sesame seeds.

Mix into salad and enjoy!