



Chinese Pickled Shredded Vegetables

Ingredients

- 1/2 cucumber, spiralized with SpiraleZ
- 1/2 carrot, spiralized with SpiraleZ
- 1/2 package enoki mushroom
- 2 cloves garlic (minced)
- 5ml vinegar
- salt & sugar
- 5ml sesame oil
- 10ml oil

Step

1. Wash the enoki mushrooms and blanch in a pot of boiling water for 2 minutes.
2. Transfer to a pot of cold water immediately and drain completely dry.
3. In a mixing bowl, combine the cucumber spirals, carrot spirals, enoki mushrooms.
4. Add the sauce mixture and toss well. Ready to serve.



涼拌三絲

材料

- 青瓜 --- 1/2 個；刨成幼絲
- 紅蘿蔔 --- 1/2 個；刨成幼絲
- 金針菇 --- 半包
- 蒜頭 --- 2 瓣 (切蓉)
- 白醋 --- 5 毫升
- 糖 --- 適量
- 鹽 --- 適量
- 麻油 --- 5 毫升
- 生油 --- 10 毫升

做法:

1. 先將金針菇切去根部，用熱水灼 2 分鐘，過冷河及瀝乾水份。
2. 青瓜絲、紅蘿蔔絲、金針菇與調味料拌勻，即成。