



Recipes

Salads

Pressed Nappa Cabbage, Carrot and Black Sesame Salad

Prep Time: 10 minutes

Pressing Time: 30 minutes

Yield: 6 servings

Ingredients:

½ medium nappa cabbage, very thinly sliced

1 large carrot, grated

1 teaspoon sea salt

Juice of ½ lemon

¼ cup black sesame seeds

Directions:

1. Toss the cabbage and carrot in a bowl and rub salt into them.
2. Press for 30 minutes or longer.
3. Once salad is pressed, rinse the salt off by filling the bowl with water and drain well.
4. Add lemon juice and mix so that salad is evenly coated.
5. Top with sesame seeds.