Asian Cucumber Salad

Fresh from the garden: cucumber, long red chilli, mint

Equipment:
- tea towel
- chopping board
- cook's knife
- small bowl
- colander
- small frying pan
- wooden spoon
- whisk
- measuring spoons
- paper towel
- measuring cup
- large mixing bowl

Ingredients:
- 4 cucumbers, seeded and cut thinly on the diagonal
- 1 small long red chilli, deseeded and finely chopped
- ½ tbsp salt
- 3 tbsp white sesame seeds
- 2 tbsp rice wine vinegar
- 1½ tsp sesame oil
- ¼ tsp sugar
- ¼ cup fresh mint, finely chopped

What to do:
1. Toss the cucumber pieces with the salt, transfer to a colander and let drain for 10 minutes.
2. Toast the sesame seeds in a dry pan until they're golden brown.
3. Whisk together rice wine vinegar, sesame oil, sugar and chilli.
4. Rinse the cucumber slices thoroughly under cold water and pat dry with paper towel.
5. Toss the cucumbers with the dressing, chilli, mint and toasted sesame seeds in a large mixing bowl.