



## Garden Salad With Tamari Seeds & Crispy Shallots

### What to collect

Ingredients	Equipment
lettuce	chopping board
2 cucumbers, diced	knife
1 capsicum, diced	peeler
1 carrot, diced	frying pan
snow peas, sliced	metric measuring cups/spoons
2 shallots, thinly sliced	salad spinner
1/4 cup pumpkin seeds	
1/4 cup sunflower seeds	
3 tablespoons sesame seeds	
2 teaspoons tamari	

### What to do

1. Wash, cut and place lettuce, cucumbers, carrot, capsicum and snow peas into a bowl.
2. Peel and thinly sliced the shallots. Place them into a frying pan with some rice bran oil and fry on medium heat until they are crispy.
3. Heat another frying pan up and toast the seeds till they are slightly brown. Then take the frying pan off the heat and add the tamari. Mix through the seeds and place back on low heat. Heat through until liquid has been absorbed and the seeds are dry. Set aside to cool.