

Beans, Rice And Everything Nice



Shanghai Bok Choi Slaw with Ginger-Lemon Dressing



original recipe by
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Dressing

- 1/3 cup lemon juice
(juice of 1 lemon)
- 1/2 cup zucchini, peeled and diced
(about 1/4 of an average zucchini)
- 1–2 Medjool dates, pitted
- 1 teaspoon ginger juice
(see note)
- 1 teaspoon light miso paste
or tamari (gluten free)

Slaw

- 2 Shanghai Bok Choi,
washed and sliced
- 2 carrots, peeled and
cut into thin sticks
- 1 red pepper, sliced into strips
- 1/2 cup mung bean sprouts
- 1 teaspoon toasted
sesame seeds (optional)

1. For the Dressing: Juice the lemon, peel and dice the zucchini, and place in a blender jar with the pitted date. Add the ginger juice to the blender jar with the zucchini, lemon juice, and the date. Add the miso paste or tamari to the rest of the dressing ingredients. Screw on the blender base and puree. The finished dressing will be like a thin applesauce. Set aside while you prepare the slaw.

2. For the Slaw: Cut off the stem ends of the bok choy and clean the leaves by soaking them in a bowl full of cold water while you prepare the carrots and red pepper. Cut the carrots and red pepper into thin strips. Add to the salad bowl. Drain the bok choy leaves, shaking off any excess water. Cut the stems into thin strips and the leaves into ribbons. Place in the salad bowl. Add the mung bean sprouts and toss to combine. Pour on the dressing, and toss once more.

Sprinkle each serving with toasted sesame seeds, if desired.

NOTE:

To Make Ginger Juice: Cut off a small section of ginger, about 1 1/2 centimetres or 1/2 an inch, and peel the skin off with a spoon. Grate the ginger on a fine grater, ginger grater, or a microplane, and squeeze the pulp, getting out as much juice as you can. Discard the pulp.