

## Stir fried cucumber salad with Bookara goat curd and Block 275 oil

Preparation: 10 mins | Cooking: 20 mins | Serves 4 as side dish  
Recipe by Melissa Palinkas

### METHOD

Slice cucumbers down the centre and cut into rough chunks. Salt for a few minutes while you prepare the dressing.

To make the dressing, finely chop the mint, then add the sugar to the cutting board and keep chopping. Grate garlic using a microplane and add to the board to work into the mint and sugar.

Scrape all ingredients from the board into a bowl. Add the sherry vinegar, honey and finally the deseeded and finely chopped chilli. Mix together and set aside.

To finish the cucumbers, add some olive oil into a hot pan, add the salted cucumbers and stir fry for 3 minutes. Don't overcook - you want to warm them through but keep the crispiness.

Take cucumbers out of the pan and leave to rest so the moisture comes out of them.

To assemble, place the cucumbers in a bowl and add half the dressing and most of the finely chopped mint leaves to the bowl and a splash of the canola oil.

Place into a serving dish and spoon over some more dressing.

Dollop the goat curd around the top of the cucumbers, sprinkle over the rest of the mint and then the canola seeds.

Add another splash of canola to finish the dish.

*Note: All fresh ingredients, oil, salt and herbs can be sourced locally.*



### INGREDIENTS

2 cucumbers  
olive oil, salt & fresh milled pepper  
200g Bookara goat curd  
6-10 mint leaves, finely chopped  
100ml Block 275 canola, for finishing  
20g Block 275 canola seed, for garnish

### DRESSING

½ bunch of mint  
250ml sherry vinegar  
125g sugar  
2 garlic cloves  
1 tbsp local honey  
1 chilli, deseeded



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