

# Recipe

## ASIAN PURPLE SLAW WITH BLACK SESAME SEEDS

### THE GOODS:

Prep time: 15 minutes

#### Ingredients for slaw:

- 3 cups shredded red cabbage
- 3 shredded carrots
- 1 avocado, cubed
- 3 tablespoons black sesame seeds
- 2 cups cooked chicken (grilled or roasted)

#### Ingredients for dressing:

- 1/2 cup toasted sesame oil
- 1/4 cup rice vinegar
- 2 tablespoons red chili paste
- 2 tablespoons honey
- 1 teaspoon wasabi paste (optional)

### THE METHOD:

*For the dressing, whisk together all ingredients well. Then mix the shredded red cabbage and carrot together. Toss with avocado and black sesame seeds. Pour the dressing over cabbage slaw little by little—tasting as you go—to be sure you find the perfect amount for you. Mix well.*

*Top with cooked chicken and serve.*

**Serves 4**

*Boulder Nutrition*