

SICHUAN SMACKED CUCUMBERS

Serves 4 as a side dish

INGREDIENTS:

1 Cucumber
1 Tbsp Fine Sea Salt
3 Cloves Garlic - Minced
4 Tbsp Rice Vinegar
2 Tbsp Caster Sugar
1 Tbsp Chilli Oil

DIRECTIONS

Place the cucumber on a chopping board and with a clean rolling pin, bash the cucumber until it softens and splits in places.

Cut the cucumber into quarters lengthways and then cut into chunky bite-sized pieces.

Place the cucumber into a colander and sprinkle with salt. Suspend the colander over a bowl and place in the fridge for an hour.

Meanwhile, put the garlic, rice vinegar and caster sugar into a bowl and whisk. Chill this mixture whilst the cucumber is salting.

After an hour, rinse the cucumber gently under cold water and drain well.

Tip into a bowl, add the dressing and chilli oil.

You can enjoy immediately but they will get better if you leave them to marinate a little.