

Chinese Style Purslane Salad with Hot Chili Pepper

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This week, we created two dishes made of purslane. The first dish is a salad. You could prepare the purslane either raw or cooked. In its raw form, the vitamin C content will be best preserved. However, if you don't like the raw texture of purslane you could try to boil it first, and then season it. The fat-soluble vitamin A it contains would be best absorbed when prepared cooked with a little bit of fat, such as sesame oil. One thing to

notice is that since it is a salad dish, after boiling it we need to run it under cold water to bring the temperature of the purslane down.

Ingredients

- 1 clove garlic, minced
- 1 green onion, minced
- 1 bunch purslane
- 1 red hot chili pepper, cut into smaller pieces
- 1 tablespoon soy sauce
- 1/2 table spoon vinegar
- 1 table spoon sesame oil
- 1 teaspoon salt and crushed red chili flakes

Steps to Make It

1. Rinse the purslane and let it boil in the water for 3 minutes.
2. After 3 minutes, turn off the heat and run the purslane under cold water and set it aside.
3. While waiting for the temperature of the purslane to cool down, cut the red chili pepper into smaller pieces.
4. You can chop the garlic as you would with green onions. However, if you want the garlic or green onion to be more finely minced, simply use a food processor.
5. Put 1 tablespoon of soy sauce, sesame oil, salt, crushed red chili flakes, 1/2 table spoon vinegar, minced green onions, garlic all into one bowl and start mixing.
6. Keep on mixing until all the ingredients are combined, and sprinkle the red chili pepper on top of the dish.
7. Ready to serve!