

Cucumber Cups

Traffic Light Category – **GREEN**

Makes 50

Ingredients

- 2 Lebanese cucumbers cut into approx 25 x 2cm thick rounds

Choose from a variety of fillings

- Thai beef salad (see recipe over page) coriander leaf to garnish
- Hummus & antipasto vegetables, garnish with a sliced kalamatta olive
- Tuna mayonnaise, garnish with parsley
- Crab Mayonnaise, garnish with parsley
- Reduced fat cottage cheese, toasted cumin seeds, strip of sundried tomato
- Reduced fat cottage cheese, peas and mint

Method

1. Allow cucumber rounds to sit on absorbent kitchen paper for 30 mins in the fridge (cover with absorbent paper also) to absorb any excess moisture
2. Top with fillings, such as those listed above.

Tip

- *You may wish to hollow out the majority of each cucumber round to accommodate the filling.*



See next recipe for a tasty Thai beef salad topping for the cucumber cups...

Thai Beef Salad Topping

(for cucumber cups)

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Makes 25

Ingredients

- 250g fillet steak
- ½ red onion, finely chopped
- 20 fresh mint leaves, finely chopped
- 1 tbsp fresh coriander leaves, finely chopped
- 1½ tbsp fish sauce
- 1½ tbsp lime juice
- 2 tbsp sweet chilli sauce
- 1 tbsp soft brown sugar

Method

1. Heat a large frying pan over high heat and brush lightly with oil. Season the beef with salt and pepper, place in the pan and cook for 1½ - 2 minutes each side, depending on the thickness (the beef needs to be rare)
2. Set aside to rest for 5 minutes. Thinly slice the beef across the grain, slice each piece into 5 mm wide strips and transfer to a bowl
3. Add the onion, mint and coriander to the bowl and mix well. Combine the fish sauce, lime juice, chilli sauce and sugar and stir until the sugar has dissolved. Pour over the beef mixture and mix well
4. Fill each cucumber cup with the Thai beef salad.

