

Thai Vegetable Salad



Recipe By FoodieBook

Ref: 340

Heading: Salads

Cuisine: Thai/Vietnamese

Food Type: Vegan

No of Portions: 4

Ingredients & Prep

500 g Chinese cabbage finely sliced

400 g Fresh Soybeans or sugar snap peas

180 g Carrot into matchsticks

60 g mung bean sprouts

120 g Roasted cashew or peanuts chopped

20 g Fresh coriander chopped

2 Sweet/bell pepper any colour cut in thin strips

4 Spring onions angled cut small

Dressing

50 ml Groundnut veg or rapeseed oil

2 tbsp Soy sauce dark

2 tbsp Water

2 tbsp Rice wine vinegar

2 Garlic clove finely grated

1 tbsp Sesame oil

2 tsp Lemongrass paste

1 tbsp Lime juice

1 tbsp Vegan fish sauce (Seaweed one)

2 tbsp Agave nectar or caster sugar

Method

Step 1 - Cook soybeans or sugar snap peas in boil water for 3 to 5 min depending how you like the cooked, drain & set aside.

Step 2 - Place cabbage, carrot, soybean or sugar snap peas, sweet pepper, spring onion, & coriander in a serving bowl.

Step 3 - Make the dressing by putting all ingredients into a clean jam jar & giving it a good shake, or blend with a stick/hand blender, then dress & mix the salad, you may not need all of the dressing, keep any left over dressing in the fridge for a max of 2 weeks.

Step 4 - Sprinkle over the chopped nuts & serve.