



Thai Green Papaya Salad

SERVES 2

Ingredients

Thai Vinaigrette

4 each- limes- zest and juice
½ each- cilantro (bunch)
2 tbl fresh ginger- chopped
2 each- fresh garlic cloves
8 each- red thai chiles
1 each- fresh lemon grass-(white section) chopped
2 bunches- green onion(white part only)
6 each- anchovies
¼ cup- brown sugar
3 tbl- fish sauce
3 tbl- soy sauce
2 tbl- sesame oil
1 cup-canola oil

Thai Papaya salad

1 ½ #- shredded green papaya (available at most Asian markets)
½ # shredded carrots
4 oz pea sprouts
2 bunches- green onion- green part only-sliced thin
½ bunch cilantro- chopped
30 each-fresh mint leaves- torn
20 ea- thai basil leaves-torn
1 cup- roasted peanuts- chopped

Nutritional Information

Directions

Thai Vinaigrette

To make the vinaigrette, place all ingredients, except the canola oil, into a blender. Pulse until a paste is formed. Turn onto high and puree til smooth. With the blender running, remove the center top and slowly add the canola oil. Dressing can be made up to 5 days ahead.

Thai Papaya Salad

To make the salad, combine all ingredients in a medium size mixing bowl, pour dressing over and serve immediately. Top with toasted peanuts. Great when served with a piece of grilled steak, chicken, or salmon.