



Raw Papaya Carrot Salad (LS)

Serving: 1

Veg

Ingredients

- 1/2 cup firm green papaya (grated, not including the skin)
- 1/4 cup green beans (chopped) (Optional)
- 1/4 cup carrots (grated)
- 1/4 cup cabbage (sliced into thin strips)
- 1 1/2 tbsp soy sauce
- 8-10 cherry tomatoes (sliced in half)
- 1 clove garlic (minced)
- 1 or 2 small Thai green or red chilis or green chillies (minced)
- 1 tsp lemon or lime juice
- 1/2 tsp raw sugar (or 1 tsp honey or agave nectar)
- 1/4 tsp salt
- 2 tbsp roasted peanuts
- lettuce (optional)

Preparation Method

1. Combine all ingredients, except peanuts and toss well.
2. Mash together with a mortar and pestle, if possible.
3. Chill for at least 2 hours if you have the time.
4. Add peanuts and serve cold on a bed of lettuce if you'd like.