



## CRUNCHY SALAD WITH HOT AND SOUR DRESSING

**Serves: 4-6**

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This is one of those salads I love to have around to pick at from the fridge, and it is the very model of low-cal virtue. But because it's got such powerful flavours, and such bite, it feels more filling and substantial than it has the right to be. It really keeps you going till the next meal, which can be useful halfway through a long day at work.

**Recipe posted by Nigella**

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### Ingredients

#### for the dressing

- 1 - 2 teaspoons tom yam paste (to taste)
- 1 teaspoon asian sesame oil
- 2 tablespoons rice wine vinegar
- 1 teaspoon honey
- 2 tablespoons canola oil
- 1 sprinkling of sea salt flakes (or pinch of table salt)

#### for the salad

- 2 cups broccoli (cut into florets or small 2.5 cm / 1 inch pieces)
  - 1 cup slender green beans (each bean cut into 4)
  - 1 cup baby sweetcorn (each cob cut into 4)
  - 1 cup sliced button mushrooms
  - 2 cups finely shredded napa cabbage
  - 2 cups beansprouts
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## Method

1. Whisk together the dressing ingredients in a measuring jug.
  2. Cook the broccoli florets with the fine beans and baby corn for 2 minutes in a pan of boiling water. Drain and refresh by plunging them into a sink or tub of cold water.
  3. Put the shredded lettuce, beansprouts and sliced mushrooms into a bowl and add the drained and refreshed vegetables.
  4. Dress the salad, tossing everything together well.
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