

# THAI PAPAYA SALAD

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## BEST FOR

Morning Detox Drink

Breakfast

Lunch

Mid-Meal

Dinner

An Occasional Treat

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*Papaya salad gets its inspiration from Thai Cuisine. This is a cleaner version of the dish, made using only fresh, wholesome ingredients. It is crunchy and amazingly delicious.*

## INGREDIENTS

SERVES 2-3

- ½ small unripe green papaya
- 1 large mango
- 1 medium carrot
- 2 medium tomatoes
- ½ cup fresh coriander

### **Peanut Dressing (makes ⅓ cup)**

- 2 tablespoons soaked peanuts
- 1 tablespoon lemon juice
- ⅛ small green chili
- ½ teaspoon rock salt
- 1 tablespoon jaggery
- 2 tablespoons water

### **Topping**

- 1 tablespoon raw peanuts, chopped

**Substitution** When mango is not in season, use a soft pear.

## PRE-PREPARATION

Soak 2 tablespoons raw peanuts in water for about 3 hours.

## METHOD

1. Peel the skin of the papaya.
2. Cut the papaya and carrot into thin long strips. You can use a julienne peeler to do this.
3. Also cut the mango and tomatoes into thin long strips, using a knife.
4. Place the papaya, carrot, mango, tomatoes and coriander in a large bowl and mix well.
5. To prepare the dressing, place all the dressing ingredients into a blender and blend until smooth.
6. Combine the dressing with the salad and mix well.
7. Top with chopped peanuts for an extra crunch.

**Tip** The papaya used is not the soft, ripe and orangey one, but the unripened green papaya, which is firm, green on the outside and a pale yellowish color on the inside