

Raw Asian Salad



Recipe & Image courtesy of Denise Evans.

Another super salad to share with you all. This one is perfect for the warmer weather at the moment. Using crisp raw vegetables, fresh herbs, crunchy toasted peanuts and a spicy tamari, chilli and ginger dressing. Bursting with colour and flavour. Enjoy!

Preparation time: 20 mins

Serving Size: Serves: 4-6

Ingredients:

2 medium carrots (julianned)

1/4 medium purple cabbage (thinly sliced)

1/2 medium red capsicum (thinly sliced)

1 medium spring onion (thinly sliced on an angle)

1/4 cup coriander leaves

Handful of loosely chopped mint (leaves and sprigs)

1/4 cup parsley leaves

1 teaspoon black sesame seeds

1/4 cup peanuts toasted

Method:

1. Combine the carrots, purple cabbage, capsicum, spring onions, coriander, mint and parsley.
2. Sprinkle with black sesame seeds and toasted peanuts.

3. Add dressing (below) before Serving

Dressing:

1/4 cup tamari

1 tablespoon olive oil

pinch of chilli flakes

1 clove garlic (crushed)

1 teaspoon fresh ginger (finely diced)

Put all ingredients together in small jar and shake well.

Gluten Free | Dairy Free | Raw | Vegetarian | Vegan | Refined Sugar Free