

Thai Green Papaya Salad

Recipe by Taya Meeikeaw

Ingredients

1 clove	fresh garlic, peeled, cut in half length ways
1 tablespoon	palm sugar, shaved or softened
1-2	bird's eye chillies
1 tablespoon	dried shrimp, soaked in warm water, lightly chopped
½	fresh lime, cut into 3 wedges
½ cup	green beans, trimmed and cut into
1 tablespoon	Thai fish sauce, Mega Chef brand
1 tablespoon	lime juice, freshly squeezed
½ cup (40g)	carrots, peeled and shredded
1 cup (90g)	green papaya, peeled and shredded, see cook's note*
½ cup	tomato, cut into wedges
1 tablespoon	roasted peanuts, unsalted, chopped, see cook's note*

Garnish

1 tablespoon	roasted peanuts, unsalted, see cook's note*
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Method

1. Using a clay mortar and wooden pestle (or a rolling pin in a deep mixing bowl) add garlic, palm sugar and chilli. Pound lightly until a medium texture is achieved. Avoid over pounding the ingredients while putting the salad together as it will look limp and lack texture + crunch. The aim is to bruise not pulverise!
2. Add dried shrimp, pound to release the flavours.
3. Add 3 pieces of fresh lime pieces, crush and bruise with the pestle to release the juice and oil from the skin.
4. Add green beans, bruise slightly.
5. Add fish sauce and lime juice, toss and stir with a spoon and pestle.
6. Add carrot and papaya, bruise and toss through the dressing using a large spoon and pestle. The papaya must remain crunchy.
7. Add the tomatoes and squish it lightly with the pestle just to release the juices.
8. Lastly add the chopped roasted peanuts and fold through with a spoon.
9. Served immediately.

Serves: 1 slightly peckish couple or 1 ravenous adult

Preparation & Cooking Time: 15 minutes

