
Summer Salad w Asian Dressing

Ingredients

1 small head lettuce
1/2 cup julienne carrot
1/2 cup julienne cucumber or zucchini
1/2 cup julienne capsicum
1/2 cup julienne red cabbage
2 spring onion or shallot
1/2 cup cherry tomatoes

Dressing

1/4 cup finely sliced mint leaves
1 Kaffir lime leaf, remove the centre stalk and finely dice
1 Tbs of lime juice
2 tsp fish sauce
1 tsp coco aminos
1 Tbs sesame oil
1 tsp coconut or rapadura sugar
Thai basil
optional 1/2 tsp chilli flakes

Method

Shred the vegetables finely into a bowl

Place the dressing ingredients into a glass jar and shake to combine and toss through the salad.

Optional: Serve topped with a sprinkle of dried anchovies which have been fruit in coconut oil.