

## THAI LETTUCE SALAD

lettuce leaves  
200 grams green beans, blanched  
½ telegraph cucumber  
1 large carrot  
3 spring onions, finely sliced  
¼ cup peanuts or cashew nuts, roasted  
and coarsely chopped  
handful each of chopped mint, coriander  
(if you like it) and Thai basil (if you have it)



### DRESSING

1 clove garlic, crushed  
1 long red chilli, de-seeded and finely chopped OR ¼ teaspoon chilli flakes  
2 tablespoons lemon or lime juice  
2 tablespoons fish sauce  
1 teaspoon sugar  
1 tablespoon sesame oil  
1 teaspoon finely grated fresh ginger

Tear lettuce leaves roughly into a bowl.

Top and tail beans and slice them in half diagonally. Halve the cucumber and slice thinly on the diagonal. Either julienne or shave the carrot into long thin strips with a vegetable peeler. Add these veges to the lettuce.

For the dressing, add all ingredients to a jar and shake well.

Toss the dressing through the salad (Note: add maybe half of the dressing first and if you'd like more you can then add it later).

Top with the spring onions, nuts and herbs.

Add a roasted duck breast, chicken thighs or beef fillet to this for a complete meal.

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