

## North East Natural Health Centre Cooking Corner

## THAI PAPAYA SALAD

— Easy Recipes —

## Ingredients

1/2 Honey Dew Melon juliennedOrange papaya flesh julienned1 Lebanese Cucumber juliennedHandful of Green Beans

- 1 Clove of garlic
- 2 Fresh Ripe Tomatoes
- 2 Mild Chillies
- 1 medium Lime Juiced
- 1 Tbs Mirin
- 1.5 Tbs Fish Sauce
- 1 bunch of coriander
- 2 Tbs lightly roasted sunflower seeds

What to do

Mortar and pestle the chillies, and garlic into a paste. Then add green beans and tomatoes to gently crush. Combine lime juice, mirin/palm sugar and fish sauce in a separate bowl until all ingredients are dissolved. Mix all ingredients in salad bowl to serve and top with toasted almonds