

Sour Mango Salad

INGREDIENTS

1/3 cup fresh lime or
lemon juice (about 1/3
cup)

1/4 cup fish sauce

1/4 cup sugar

3 large unripe mangos,
peeled, halved lengthwise,
pitted and julienned (6 to
7 cups)

3 carrots, peeled and
julienned (about 1 cup)

2 or 3 red Thai chilies,
stemmed, seeded, and
sliced into thin rounds

1/3 cup unsalted roasted
peanuts, finely crushed

1/3 cup packed fresh Thai
basil or cilantro leaves

SUGGESTED COOKWARE

resealable plastic bag, serving bowl or plate

DIRECTIONS

Whisk together the lime juice, fish sauce, and sugar in a bowl until the sugar is completely dissolved. Put the mango, carrots, and chilies in a resealable plastic bag.

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DIRECTIONS

Add the dressing and seal the bag, squeezing any air out. Holding on to the ends, shake the bag to distribute the dressing throughout. Let stand for 20 minutes.

Drain and transfer to a serving bowl or plate and garnish with the crushed peanuts, and Thai basil or cilantro leaves. Serve at room temperature or lightly chilled.

Note: Not all ingredients are created equal, so adjust the seasoning as you go. Taste the dressing prior to tossing the ingredients to make sure the sour, salt, and sweet notes are balanced. Adjust the seasoning according to the acidity and sugar levels of the fruit and the salt content of the fish sauce.

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