

# Spicy Thai Mango Salad



*This salad is inspired by the Thai street food staple, som tam, which is traditionally made with shreds of green papaya. Here we use a base of cucumber and sweet mango for an easy, fresh side dish.*

<b>YIELD</b> <b>8 SERVINGS</b>	<b>PREP TIME</b> <b>20 MIN</b>	<b>TOTAL TIME</b> <b>30 MIN</b>
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## INGREDIENTS

*For the Dressing:*

1 Tbsp	Fish Sauce
2 tsp	Brown Sugar, lightly packed
1 clove	Garlic, minced
½ tsp	Crushed Red Pepper Flakes
1 each	Lime, juiced

*For the Salad:*

1 each	English Cucumber, julienne
1 medium	Carrot, julienne or grated
1 each	Shallot, julienne
1 each	Mango, sliced thinly
1 cup	Cherry Tomatoes, quartered
¼ cup	Basil, chiffonade
¼ cup	Peanuts, roasted, unsalted, chopped
1 each	Lime, cut into wedges

## CHEF'S NOTES

The cucumber, carrot, and shallot in this recipe are cut as "julienne" which means thin matchstick strips that are about 2-3 inches in length. You can also shred the carrot on a box grater to save time.

After peeling the mango, slice it into long, thin slices that resemble an oblong half-moon for a variety of shapes, sizes, and textures in the salad.

Feel free to try this dish with other different crunchy, colorful veggies, too!

## DIRECTIONS

1. Gather all necessary equipment and ingredients. Prepare all ingredients as described above.
2. Prepare the salad dressing by adding all ingredients to a small container, like a jar, and shake to combine.
3. In a large mixing bowl, combine the cucumber, carrot, shallot, mango, tomatoes, and basil. Pour the dressing over the vegetables and stir until well combine and the dressing fully coats everything. For best flavor, allow to rest in the refrigerator, covered, for at least 10 minutes before serving.
4. Top with peanuts and serve with the additional lime wedges for squeezing.

# Nutrition Facts

8 servings per container

**Serving size** 3/4 cup (124g)

**Amount Per Serving**

**Calories** 70

**% Daily Value\***

**Total Fat** 2.5g 3%

Saturated Fat 0g 0%

*Trans* Fat 0g

**Cholesterol** 0mg 0%

**Sodium** 180mg 8%

**Total Carbohydrate** 12g 4%

Dietary Fiber 2g 7%

Total Sugars 9g

Includes <1g Added Sugars 1%

**Protein** 2g

Vitamin D 0mcg 0%

Calcium 20mg 2%

Iron 0.4mg 2%

Potassium 200mg 4%

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

CONTAINS: ANCHOVY, PEANUTS

Recipe adapted from The Simple Veganista, "Spicy Thai Mango Salad"



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