

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.

YIELD 8 SERVINGS	PREP TIME 20 MIN	TOTAL TIME 30 MIN
-----------------------------------	-----------------------------------	------------------------------------

INGREDIENTS

For the Dressing:

1 Tbsp	Fish Sauce
2 tsp	Brown Sugar, lightly packed
1 clove	Garlic, roughly chopped
¼ cup	Peanuts, unsalted, dry-roasted
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
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.
2. In a small blender cup, add the dressing ingredients. Blend on high speed until well blended and peanuts and garlic are broken into very small pieces. Set aside.
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. Serve with the additional lime wedges for squeezing.

Nutrition Facts

8 servings per container

Serving Size 3/4 cup (149 g)

Amount per serving

Calories 80

% Daily Value *

Total Fat 2.5g 3%

Saturated Fat 0g 2%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 190mg 8%

Total Carbohydrate 13g 5%

Dietary Fiber 2g 7%

Total Sugars 8g

Includes 1g Added Sugars 1%

Protein 3g 5%

Vitamin D 0mcg 0%

Calcium 20mg 0%

Iron 0.29mg 0%

Potassium 200mg 5%

*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.

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



goldringcenter.tulane.edu



[@culinarymedicine](https://www.instagram.com/culinarymedicine)



[Goldring Center for Culinary Medicine](#)

