



*Green Papaya Salad*

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**T**his is my take on green papaya salad, a traditional Thai dish. Green papaya is full of digestive enzymes, those that particularly help with the digestion of protein, and it is therefore very good for those with a sluggish digestion. The gut is the key to many things in the body and you are what you eat and actually digest, so any food that helps you to digest is brilliant in my book. Green papaya also has antiseptic properties and therefore helps to balance the gut microbiome by promoting a gut environment which allows good bacteria to thrive and is not conducive to undesirable bacteria, viruses, fungus and parasites. This is a crunchy salad which is slightly sweet and sour and it is full of nutrients. If you don't like chilli just leave it out. This salad keeps really well in the fridge and works well as leftovers the next day. You will find the green papaya at an Asian grocery.

- 1 small green papaya 500 g, peeled and seeded**
- 10 cherry tomatoes, halved or 1 small tomato cut into small chunks**
- 15 green beans cut into 3 cm pieces**
- Small handful each of Thai basil or regular basil, Vietnamese mint, mint and coriander leaves (don't slice, use the whole leaves with no stem)**

## **Dressing:**

- 2 tablespoons fish sauce**
- 2 tablespoons apple cider vinegar**
- 1 tablespoon lime juice**
- 2 tablespoons honey**
- ½ cup water**
- 1 large clove garlic, chopped finely**
- 1 chilli, seeded and chopped finely**
- 1 tablespoon crushed roasted cashews to garnish**
- 1 chilli, seeded and sliced thinly to garnish**

To make the dressing, combine all ingredients in a bowl and whisk until the honey dissolves. Set aside.

Use a mandolin or a julienne peeler to shred the green papaya into fine matchsticks. Add the green papaya to a large bowl along with the tomatoes, beans and herbs. Finally, add the dressing to taste, (I generally add about 10 tablespoons). Toss and garnish with the crushed cashews and sliced chilli.

SERVES 6