

Thai Peanut Salad

Dive into the vibrant flavors of Thailand with our Thai Peanut Salad. Packed with fresh veggies, zesty lime, and a rich peanut dressing, this salad hits the perfect balance of sweet, tangy, and savory. Refreshing and hearty, it's a taste adventure you'll love!

Serving Size



Salad Ingredients

- 2 cups shredded red cabbage
- 2 cups shredded green cabbage
- 1 cup grated carrots
- 1 red bell pepper, thinly sliced
- 1 cup edamame, shelled and cooked
- 1/2 cup chopped fresh cilantro
- 1/4 cup chopped fresh mint
- 1/4 cup chopped green onions
- 1/4 cup chopped peanuts
- 1/4 cup sesame seeds (optional)
- 1 avocado, sliced (optional)
- 1 cup cooked quinoa or rice noodles (optional)

Dressing Ingredients

- 1/3 cup natural peanut butter
- 2 tbsp soy sauce (or tamari for gluten-free)
- 2 tbsp lime juice
- 1 tbsp maple syrup or agave nectar
- 1 tbsp rice vinegar
- 1-2 tsp sriracha or chili garlic sauce (adjust to taste)
- 1 tsp sesame oil
- 1 clove garlic, minced
- 1-2 tbsp water (to thin, if needed)



Instructions

In a large mixing bowl, combine the shredded red and green cabbage, grated carrots, sliced bell peppers, cooked edamame, chopped cilantro, mint, and green onions.

In a small bowl, whisk together the peanut butter, soy sauce, lime juice, maple syrup, rice vinegar, sriracha, sesame oil, and minced garlic until smooth. If the dressing is too thick, add water, a tablespoon at a time until you reach the desired consistency.

Pour the peanut dressing over the vegetable mixture and toss to combine, ensuring all the veggies are well-coated.

Transfer the salad to a serving platter or individual bowls. Top with chopped peanuts, sesame seeds, and avocado slices if using. For a heartier meal, serve over cooked quinoa or rice noodles.

Serve immediately, or refrigerate for up to 2 hours to allow the flavors to meld. This salad is best enjoyed fresh but can be stored in an airtight container in the fridge for up to 2 days.