



CHOPPED THAI SALAD WITH SESAME GARLIC DRESSING AND CASHEWS

FAST. EASY. FRESH.

1. Start by bringing a medium pot of water to a boil. Once boiling, add the **edamame** and cook for 3-5 minutes, then drain, and rinse under cool water.

2. Meanwhile, make your dressing. In a small bowl combine the **vegetable** or **canola oil**, **garlic** (peeled and minced), **soy sauce**, **water**, **vinegar**, **honey**, **sesame oil**, **lemongrass paste**, and the juice from ½ of your **lime**. Whisk well to combine.

3. Next, de-seed and dice the **bell peppers**, finely chop the **cilantro** leaves, and thinly slice the **green onions**. Peel and grate the **carrots**. Give the **cashews** a rough chop.

4. Place the **coleslaw mix**, edamame, pepper, carrot, cilantro, green onions, and cashews in a large bowl. Pour the dressing over top, and toss gently a few times to combine.

5. To serve, spoon the salad into dishes and serve with extra lime wedges alongside. Enjoy!



Ingredients (4 Person Serving – 569 Calories Per Serving)

Vegetable/Canola Oil	4 Tbsp.	Lime	1
Garlic	2 Cloves	Edamame	454 g
Soy Sauce	3 Tbsp.	Coleslaw Mix	400 g
Water	2 Tbsp.	Sweet Bell Peppers	2
White Vinegar	2 Tbsp.	Carrots	2
Honey	40 g	Cilantro	Small Bunch
Sesame Oil	1 Tbsp.	Green Onions	4
Lemongrass Paste	1 Tbsp.	Cashews	100 g

25 Minute
Cook
Time!