

BETEL LEAVES SALAD (MIANG KHAM)

Ingredients

10-12 betel leaves
15-20 mint leaves
1 small carrot, peeled and grated
½ cup roasted peanuts, crushed
2 Thai red chillies, chopped
1 small onion chopped, in dices
1 lime, cut into small pieces
1-inch ginger cut into small pieces
1 tablespoon palm sugar
¾ teaspoon tamarind pulp
1 teaspoon light soy sauce
Salt to taste

Method

1. Mix together the palm sugar, tamarind pulp, soy sauce and salt.
2. Mix well till the sugar dissolves.
3. Lightly crush the roasted peanuts. Lightly crush the mint leaves to release the aroma.
4. Take a betel leaf, and add a few mint leaves, shredded carrot, peanuts, red chillies, onion, lime piece and ginger piece.
5. Drizzle the dressing over it and serve.