



YOU CAN COOK
AND YOU DO HAVE THE TIME

Kev's Kitchen

PAPAYA SALAD

Time: 15 minutes

Serves: 4

Ingredients:

2 tablespoons fish sauce
2 tablespoons lime juice
1 tablespoon agave nectar
1 clove garlic - finely chopped or grated
½ teaspoon red pepper flakes
2 papayas – julienned
¼ cup cilantro – roughly chopped
2 tablespoons dry-roasted peanuts - chopped

Preparation:

In a small bowl, combine the fish sauce, lime juice, agave nectar, garlic and red pepper flakes.

Toss papaya with cilantro and dressing.

Serve topped with peanuts.

Nutritional Information Per Serving:

Calories: 69
Fat: 2g
Carbs: 12g
Fibre: 2g
Protein: 2g