



YOU CAN COOK
AND YOU DO HAVE THE TIME

Kev's Kitchen

THAI CUCUMBER SALAD

Time: 15 minutes

Serves: 2

Ingredients:

1 English cucumber - thinly sliced
2 radishes - very thinly sliced
4 large leaves Thai basil - chiffonade
1 clove garlic - very finely chopped or grated
1 red Thai chili - seeded and very finely chopped
30g fresh lime juice
15g rice vinegar
15g agave syrup
3g fish sauce
5g toasted sesame oil
6g toasted black sesame seeds

Preparation:

Place the cucumber, radishes and basil in a bowl.

In a small bowl, whisk together the garlic, chili, lime juice, vinegar, agave, fish sauce and sesame oil.

Pour the dressing over the cucumber mixture and sprinkle with the sesame seeds.

Toss and serve immediately or refrigerate for up to 30 minutes.

Nutritional Information Per Serving:

Calories: 89
Fat: 4g
Carbs: 14g
Fibre: 1g
Protein: 2g