

Thai Peanut Salad

Crisp lettuce tossed in a creamy peanut sauce and topped with Thai flavor. A perfect salad for summer lunches.

Prep:
10 minutes

Cook:
0 minutes

Ready In:
10 minutes

Servings:
2



Salad

6 cups spring greens
1 small cucumber, chopped
1/2 cup edamame beans, shelled
2 tbsp dry roasted peanuts, chopped
1 green onion, chopped
1 large carrot, grated
1/4 cup cilantro, chopped
Juice of 1/2 lime

Dressing

2 tbsp natural peanut butter
2 tbsp full fat canned coconut milk
2 tbsp coconut aminos or light soy sauce
2 tbsp maple syrup
1/2 tsp garlic powder
1/2 tsp ground ginger

Instructions

- 1 In a mixing bowl add in all of your dressing ingredients and whisk together until smooth.
- 2 Add your lettuce into a large mixing bowl, pour dressing over top and toss together.
- 3 Place tossed salad in a serving bowl and top with cucumber, carrots, edamame, cilantro, green onion and peanuts. Squeeze fresh lime juice over top and enjoy.
- 4 This recipe is great to pack for lunches at work. Make sure to pack the dressing separately so it stays fresh until you are ready to eat. You can also put the salad in rice paper rolls with some rice noodles or tofu and use the peanut sauce as a dip!