



CRUNCHY PEANUT SLAW



4 servings



20 minutes

INGREDIENTS

50g (1 $\frac{3}{4}$ oz) cooked quinoa or rice

2 cupped handfuls of sugar snap peas, sliced diagonally

3 spring onions (scallions), finely sliced

Large fistful of mint leaves

1 red (bell) pepper, cored, deseeded and diced

Small handful of roasted peanuts, roughly chopped

For the satay dressing

2 tablespoons smooth peanut butter

2 tablespoons light soy sauce

Juice of 2 limes

2 teaspoons ginger paste

2 teaspoons garlic paste

2 teaspoons honey

Pinch of salt

DIRECTIONS

1. Finely shred the cabbage: use either a swivel peeler to shave off super-thin shreds, or a mandolin or sharp knife for precise, thin shreds.
2. Simply toss all the salad ingredients together in a bowl: shredded red cabbage, quinoa or rice, sugar snap peas, spring onions, mint leaves, red pepper and the roasted peanuts. Leave the salad unseasoned and undressed in an airtight container in the refrigerator for up to 3 days.
3. Make the satay dressing by whisking the peanut butter, light soy sauce, lime juice, ginger paste, garlic paste, honey and a pinch of salt together in a small bowl or jar until smooth. If it is too thick, loosen with a little water. Season to taste with additional salt or soy sauce, as needed.
4. To serve, pair the salad with a protein of your choice (such as grilled chicken, salmon, marinated tofu or prawns/shrimp), and generously drizzle the lovely satay dressing over the top.

Note: It's important to leave the salad undressed if you're storing it for meal prep. Dress it only when you're ready to eat it to ensure that it stays fresh and crisp.

*For the salad base, under 250kcal, 9g protein per
 $\frac{1}{4}$ red cabbage*