

Papaya Salsa

Swick

Makes 2 cups | Active Time: 30 minutes | Total Time: 30 minutes

Chef's Notes

Papaya contains the enzyme papain that helps digest protein.

You can substitute papaya with mango or pineapple.

Mint leaves can be substituted with cilantro leaves.

- Chili oil can be found at Chinese or Asian grocery stores.

Step 1: Toast the sesame seeds

- 1 tbsp white sesame seeds
- 1 tbsp black sesame seeds

In a pan over medium heat, toast sesame seeds until lightly golden brown.

Transfer to plate and let cool.

Step 2: Prepare the papaya

- 1 small ripe firm papaya

Cut the both ends of the papaya. Place the base of the papaya on a chopping board. Peel with a chef's knife from top to bottom.

Cut in half and remove seeds and scrape the fiber with a spoon.

Cut into 1/4-inch dice. Transfer to a bowl.

Step 3: Combine the ingredients

- 1/2 tsp ground coriander
- 1/2 tsp ground cumin
- 1/2 cup mint leaves, chopped
- 1 tsp chili oil*
- 1 tsp pure black sesame oil
- 2 tsp lime juice
- 2 tbsp rice vinegar
- Sea salt and freshly cracked black pepper to taste

Add all the ingredients to a bowl with the papaya along with the toasted sesame seeds.

Allow the salsa to sit for 30 minutes. Serve with your choice of protein.