

Thai Chopped Salad

Swick

Makes 3 servings | Active Time: 20 minutes | Total Time: 20 minutes

Chef's Notes

Suggested adult serving: 4 cups

Store any leftover salad and dressing in separate airtight containers in the refrigerator for up to 3 days.

RECIPE TIPS

Rice: Regular brown rice can be substituted for brown jasmine rice.

Pure Maple Syrup: Maple syrup is boiled down sap from the maple tree. Make sure to purchase "pure maple syrup" (not "pancake syrup," "table syrup," or "maple-flavored syrup," or even just "maple syrup," as they contain artificial maple flavor and cane sugar or corn syrup).

Step 1: Prepare Salad Fixings

- 1 1/4 cups brown jasmine rice rinsed & drained (see tip) (≈3 1/3 cups cooked)
- 3 3/4 oz salad greens cut into bite-size pieces (≈3 cups)
- 2 1/4 oz baby spinach cut into bite-size pieces (≈3 cups)
- 4 1/2 oz sugar snap peas trimmed & cut into bite-size pieces (≈1 1/2 cups)
- 3/4 cucumber quartered lengthwise & sliced (≈1 1/2 cups)
- 1 1/2 oz shredded carrots (≈3/4 cup)
- 3 scallions (white & green parts) sliced (≈1/3 cup)
- 1/3 cup fresh cilantro chopped (divided)
- 1 1/2 tablespoons brown rice vinegar plus more to taste
- 1 1/2 tablespoons fresh lime juice
- 1 1/2 tablespoons pure maple syrup
- 1 tablespoon green curry paste
- 3/4 teaspoon mustard powder plus more to taste
- 3/4 lime cut into wedges

PREPARE GRAINS

Prepare rice according to package instructions. Let cool, then fluff rice with a fork.

MAKE SALAD

In a large bowl, combine chopped salad greens and spinach. Add cooked jasmine rice, sugar snaps, cucumbers, carrots, scallions, and half of the cilantro. Toss to mix.

MAKE DRESSING

In a bowl, whisk together remaining cilantro, rice vinegar, lime juice, maple syrup, green curry paste, mustard powder, and 1 1/2 tablespoons water. Taste and adjust seasoning, adding more rice vinegar or mustard powder as desired.

SERVE

Drizzle dressing over salad, tossing until dressing is evenly distributed. Serve with lime wedges.