

Thai Citrus Crunch Salad

from A Modern Way To Eat

[Print](#) [Share](#)

For the salad:

- 1 zucchini
- 3 medium carrots, peeled
- ½ head white or napa cabbage
- 1 red pepper, seeded
- 2 scallions
- 1 pink grapefruit
- 1 lime
- a small bunch of fresh basil
- a large bunch of fresh cilantro
- 2 good handfuls of bean sprouts

For the dressing:

- 2 medjool dates
- a handful (about 3½ ounces/100g) cashew nuts, soaked overnight in water if you have time
- 1 (¾-inch/2 cm) piece of fresh ginger, peeled and roughly chopped
- ½ clove garlic, peeled, green center removed, roughly chopped
- 1 red chile, seeded and finely chopped
- juice of 2 limes
- 2 tablespoons wheat-free tamari or GF soy sauce

To serve:

- a handful of cashews, crushed
1. Use a vegetable peeler to peel the zucchini and carrots into ribbons and place them in a big bowl—it's okay to leave a little bit of the middle behind for the sake of your fingers. Shred the cabbage finely, slice the red pepper and scallions as finely as you can, and add to the bowl.
 2. Now use a knife to peel the grapefruit and lime. Then with the knife, roughly cut out all the segments from both, leaving the pith and membrane behind. Put

the segments into a bowl, then mash them up so you are left with little juicy jewels of lime and grapefruit. Add these to the big bowl too.

3. Roughly chop the basil and cilantro, then add all the basil, half the cilantro, and all the bean sprouts to the bowl. This will all keep well in the fridge until you are ready to eat. When ready to serve, make your dressing by putting all the ingredients into a blender with 2/3 cup/150 ml of water and blending until you have a dressing just thick enough to coat and hold on to the vegetables. Thin with a little more water if you need to. If you don't have a blender, mash the dates in a bowl until you have a paste, then finely chop the nuts, ginger, garlic, and chile and stir in the lime juice and soy sauce. Pour the dressing over the salad, mix well, and top with the crushed cashews and the rest of the cilantro.

Serves 4