

A close-up photograph of a Thai salad served in a white, square-shaped bowl. The salad is a colorful mix of ingredients: sliced yellow bell peppers, thin strips of purple onion, green beans, and whole peanuts. There are also some green leafy herbs and small pieces of red and orange vegetables. The bowl is placed on a wooden surface, and a pair of wooden chopsticks is visible in the bottom right corner. The background is slightly blurred, showing more of the wooden surface and some scattered peanuts. A white banner with red text is overlaid in the center of the image.

## **BELL PEPPER THAI SALAD**

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**Prep time:** 10 Minutes

**Cook time:** N/A

**Servings:** 4 People

## INGREDIENTS:

**1** Red Bell Pepper, diced

**1** Yellow Bell Pepper, diced

**1** Long English Cucumber

**15** snap peas

**1/4 cup** red onion, sliced

**1/2 cup** green onion, finely sliced

**1/2 cup** fresh cilantro, roughly chopped

**1/4 cup** roughly chopped dry roasted peanuts (optional)

**1** lime, juiced

**1** clove garlic, minced

**1/4 tsp.** cayenne pepper

**1/2 tsp.** sugar

**1 tbsp.** sesame oil

Sea salt & pepper to taste

## DIRECTIONS:

In a mixing bowl add your lime juice, sesame oil, garlic, cayenne pepper, and sugar. Mix well until sugar dissolves.

Add all of your ingredients together except the peanuts. Mix well, and let stand for a few minutes to allow the flavors to blend together.

Arrange on serving platter and garnish with peanuts.

## CHEF'S TIP:

You can substitute peanuts with walnuts, almonds or omit completely.