

Green mango salad

Serves 4

Ingredients

150 g (5 1/2 oz) snake (yard-long) beans, cut into 3 cm (1 1/4 inch) lengths
35 g (1 1/4 oz/1/4 cup) roasted peanuts
2 tablespoons dried shrimp (optional)
120 g (4 1/4 oz) cherry tomatoes, halved
2 green mangoes, julienned
2 small French shallots, very thinly sliced
15 g (1/2 oz/1/2 cup) coriander (cilantro) leaves

Dressing

2 garlic cloves, chopped
2 long fresh red chillies, chopped
2 tablespoons grated light palm sugar (jaggery)
60 ml (2 fl oz/1/4 cup) fish sauce
60 ml (2 fl oz/1/4 cup) lime juice
1 fresh scud chilli, finely chopped (optional)

Method

Blanch the snake beans in boiling water until al dente, about 2 minutes. Refresh in iced water, then drain well.

Crush the peanuts in a mortar with a pestle, then place in a large mixing bowl. If you are using the shrimp, pound them, then add to the bowl. Pound the snake beans, then very lightly pound the tomatoes and add both to the bowl.

To make the dressing, pound the garlic in the mortar with the pestle, then add the red chillies. Pound together, then add the palm sugar, fish sauce, lime juice and scud chilli, if using. Mix together until thoroughly combined and the sugar has dissolved. Taste and adjust as needed.

Add the dressing to the bean mixture along with the green mangoes, shallots and coriander leaves. Mix thoroughly and present on a large serving platter.

Note: You can substitute snake beans with green beans if you wish.

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