

OVERALL time: 30 mins

RAW PAD THAI SALAD

Nothing like a healthy mix of raw veggies, for those warm summer days. Just add the easy - to - make delicious dressing and you are in for a delightful treat.

Metric

Number of servings : 4

ingredients

For the dressing

- 120 ml Natural/ unsweetened peanut butter
- 120 ml Lime juice
- 30 ml Honey
- 5 ml **Cape Herb and Spice Sriracha Chilli**
- Warm water for thinning out the sauce

For the salad

- 4 Carrots, julienned
- 2 Zucchini, julienned
- 1 Baby cabbage, shredded
- 2 Sweet bell peppers, julienned
- 1 bunch Fresh mint leaves
- 100 g Cashew nuts, roughly chopped

THIS IS WHAT YOU WILL NEED TO DO

PREP TIME: 30 mins | COOKING TIME: 0 mins

To make the dressing whisk together all the lovely ingredients. Then add a drizzle of warm water to the mixture to thin it out to a desired silky and saucy consistency that will just coat the vegetables. Prep all your vegetables and roughly chop cashew nuts.

Toss all the vegetables together in a large bowl along with the mint leaves.

Drizzle vegetables with dressing and toss to coat until everything is well seasoned with the dressing and the zoodles begin to soften. Sprinkle over cashew nuts.

Serve with a squeeze of fresh lime juice, a handful of crunchy raw bean sprouts and an extra pinch of **Cape Herb & Spice's Sriracha Chilli Seasoning** for more heat.

Recipe concept, photography and video by Bianca Davies: @beeblegum on Instagram | <http://thesecretlifeofbee.co.za/>

<https://capeherb.co.za>

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