

## Cos and Asian Herb Salad with Lemon Garlic Chilli and Lemongrass Dressing



Serves 4 (Serve size 144g)

Energy: 183kj (43Kcal), protein: 3g, total fat: 1g, saturated fat: 0g, carbohydrate: 4g, dietary fibre: 4g, sodium: 189mg per 100g

### Ingredients

- Cos Lettuce or any mixed green leaves x 160g
- Spring Onions x 2 sprigs or 30g
- Carrot x 1 medium size or 100g
- Beansprouts x 1 cup or good handful or 100g
- Snow pea sprouts x 1 cup or good handful or 50g
- Coriander x half bunch rough chop or 20g
- Fresh Mint x 1 cup or handful or 10g
- Nori Sheet x 1
- Lemons x 2 medium size or 70g Lemon juice
- Fish Sauce x half teaspoon or quick splash
- Garlic x 1 small clove or 2g

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- Chilli x 1 or 14g (Banana chilli varieties have less heat and therefore a good option if less heat is desired)
- Lemongrass x half teaspoon or 4g (you can use store brought paste for ease and convenience)
- Stevia Liquid x 2 to 3 drops or 1g

## Method

1. This is a very easy salad to put together
2. Pick leaves and wash the cos lettuce, pat dry and rough cut
3. Diagonally cut the spring onions, you want thin pieces because you do not want to be overpowered by the spring onions
4. Peel and grate the carrots
5. Pick leaves from the mint and shred by hand because metal knives will discolour the mint and add this herb just prior to serving
6. Roughly chop the coriander
7. Cut nori sheets along bend lines and trim into smaller strips, add this just prior to serving
8. Now place all the ingredients into a bowl and mix and serve

## Dressing

9. Squeeze lemons into a bowl
10. Add the sliced chili, garlic and lemongrass paste into the bowl
11. Stir in well making sure the lemon grass is mixed in
12. Add the fish sauce a bit at a time and taste, because the fish sauce can over power the dressing
13. Add in one drop at a time of the Stevia
14. Put a layer of mixed greens as your base and half of your sliced cucumbers
15. Layer the blanched asparagus
16. Add the half of your sliced cucumbers
17. Sprinkle your lemon zest on top for that extra zingy flavour

**Note\*** The two options are to either put dressing into a side dish and add as you go along or just live a little and add all to your salad.

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