

Recipe Name: Thai Som Tum Recipe (Thai Green Papaya Salad)

Diet Type:

Course: Appetizer

Cuisine: Thai

Quantity: 1 bowl



Ingredients

Ingredient	Quantity
• 5 Cherry tomatoes	4
• 1 tablespoon Dried shrimps - optional	
• 2 Fresh Red chillies	
• 1-1/2 tablespoons Fish sauce - or soya sauce	
• 2 cloves Garlic	
• 6 Green beans (French Beans)	
• 2 cups Papaya - Unripened	
• 2 tablespoons Lemon juice	
• 1-1/2 tablespoons Palm sugar - or brown sugar	
• 2 tablespoons Roasted Peanuts (Moongphali)	

Preparation

- To begin making the Thai Som Tum recipe, take a raw papaya which is green and very crisp.
- You must aim for a papaya which is white in colour from inside.
- Cut it into thin sticks or julienne it with a sharp knife.
- I have used this peeler.

Macronutrients

Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)	Fiber (g)	Sugar (g)
220	10	25	14	4	10