

RAW GRATED PUMPKIN SALAD with wing or snake beans



Ingredients-

Serves 8-6

4 cups of grated pumpkin

6-8 snake beans

Juice of 3 limes

2 cups of grated jicama or cucumber- or a bit of both

½ cup grated coconut

½ cup roasted peanuts or cashews

One bunch Thai basil or coriander- finely chopped

One teaspoon sesame oil

2 spring onions

2 cloves garlic- crushes

A pinch of salt. Diced chili if desired

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WHAT TO DO

- Peel and grate the pumpkin and place in a bowl
- Squeeze the limes and pour the juice over the pumpkin- this will start to tenderize it
- Now grate the cucumber and jicama if you would like to add these and set aside
- If you would like to add snake beans slightly steam these and then cool and chop finely, wing beans, just chop finely
- Chop the basil or coriander, chop spring onion finely and crush the garlic
- After the pumpkin has sat in the lime-juice for 10 minutes add all the other ingredients, gently stir and serve in bowls garnished with herbs.

Any combination of this recipe can be made-

- with or without nuts, with or without jicama
 - without sesame oil, add a finely diced chili if you fancy
 - without beans
 - with seasonal leaves, like Mizuna or spinach
- the lime juice or a vinegar is important to the taste and some fresh herbs, the coconut gives it some sweetness, but otherwise go wild and try other combinations**