



## Peacock Hill Vineyard

HUNTER VALLEY NSW

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### Green Mango, Tomato and Herb Salad

*...for those summer evenings when you want something different with your prawns, steamed fish or chicken schnitty...*

*(serves 2-4)*

#### Ingredients

*NOTE: You will need a mango shredder.  
Available in good Asian Groceries.*

#### Salad

1 green mango (*very firm*)  
1 punnet solanato tomatoes  
Handful snowpeas

#### Dressing

2 cloves garlic  
1 chilli (*as hot as you like*)  
30-50g Palm Sugar (*grated*)  
2½ tbsp Light Soy Sauce  
2 tsp chilli oil  
25ml Vegetable Oil or Rice Bran Oil  
100ml lime juice  
1 tbsp chopped coriander

#### Garnish

50g Roasted Peanuts  
(*not salted, granulated or whole*)  
40g Fried Asian Shallots

#### Method

1 - Organise the fish/prawns/chicken schnitzel ready for cooking

2 - To prepare the dressing:

Cut chilli into short strips and using a mortar and pestle pound chilli and garlic to a paste.

Add palm sugar and pound together then add soy sauce and stir till sugar dissolves.

Finally add all remaining dressing ingredients, stir well and set aside.

3 - To prepare the salad:

Peel and shred mango into a large salad bowl. (*Cradle mango in one hand and use quick, light strokes otherwise the 'shreds' do not separate well.*)

Rinse and flick dry herbs, pick off leaves, roughly chop if they are large, put in with mango.

Add dressing and mix with your hands to incorporate all ingredients well. (*Add only 2-3 tablespoons and reserve the remainder to add later as you like or use with noodles tomorrow/day after*)

Rinse and quarter tomatoes, rinse and slice snowpeas lengthwise into strips, then add the tomatoes and snowpeas to salad bowl and combine gently.

Prepare your protein.

With paper towel, wipe around inside of salad bowl, top with fried shallots and roasted peanuts. Alternatively, lightly pile onto individual plates before adding garnish on top.

***And now the MOST IMPORTANT PART: Plate up and...RELAX and ENJOY with a glass of well chilled Happiness Is...***