



Vibrant Crunch Salad with Tangy Chili Vinaigrette

If you love Thai fresh spring rolls, you'll love this flavourful salad. Filled with crunchy veggies and dressed with a tangy, slightly sweet n' spicy chili vinaigrette, it's like a fresh spring roll...but without the roll. Serves a whole bunch as a side salad or serves four to six as a main meal when you top it with a protein like my [Stir-Fried Turkey in Spicy Peanut Sauce](#).

Ingredients

Salad

- 2 cups (500 mL) thinly sliced purple cabbage
- 1 large carrot, peeled, sliced into thin ribbons (use a vegetable peeler)
- 1 red pepper, thinly sliced
- 1 mango, thinly sliced
- ½ English cucumber, cut in half lengthwise and again in half
- 1 cup (250 mL) snap peas, sliced in half
- ½ cup (125 mL) torn fresh cilantro leaves
- ½ cup (125 mL) torn fresh mint leaves
- ¼ cup (60 mL) thinly sliced red onion

Tangy Chili Vinaigrette

- 3 Tbsp (45 mL) canola oil
- 1 Tbsp (15 mL) rice vinegar
- 1 Tbsp (15 mL) lime juice
- 2 tsp (10 mL) Asian chili paste (Sambal Oelek)
- 2 tsp (10 mL) honey
- 1 tsp (5 mL) fish sauce
- 1 small clove garlic, minced

Garnish

- Chopped roasted salted peanuts
- Fresh lime wedges
- [Peanut sauce](#)

How to Make:

1. Add all salad ingredients into a large bowl and toss until mixed.
2. In a small bowl or jar, add canola oil, rice vinegar, lime juice, chili paste, honey, fish sauce and garlic and whisk until well combined.
3. Drizzle dressing over salad and serve with chopped peanuts, peanut sauce and fresh lime wedges.