



## RAW JUNGLE SALAD

1 whole unripe papaya – deseeded and shredded into long strips  
Bunch of morning glory (Asian vegetable)  
Fresh young coconut meat  
Fresh thai basil – finely shredded  
Lebanese cucumber – shredded into long strips  
Fresh coriander – finely shredded  
Fresh chilli  
Fresh garlic  
1 teaspoon sea salt  
Tomato – 1 or 2 quartered  
Honey (optional)

This is one of those salads, where you taste and measure to your own liking. Go lightly with everything, taste and then add more.

Take about ¼ of the morning glory, cut around 2 inches long – pop into a mortar & pestle and also add the tomato, garlic and chilli and grind.

Place remaining ingredients into a bowl (or a really large mortar and pestle) add the mixture of the morning glory – give it all a little pound, toss and serve.

**Tips:**

\* You can substitute the morning glory with bok choy or other green leafy asian vegetable