



Mango and Green Papaya Salad with Shrimp



Serving

4, 1 cup servings



Prep

20 Minutes



Cook

5 Minutes



Contributer

Ky Anh Alex Nguyen – BAsc, MPH
Nutrition and Dietetics Student

- 3 cups Green papaya, peeled and cut into fine juliennes
- 2 cups Unripe mango, peeled and cut into fine juliennes
- 1 Medium carrot, peeled and cut into fine juliennes
- ½ lb Jumbo shrimps, peeled and deveined
- ⅓ cup Peanuts, roasted
- ¼ cup Vietnamese coriander or coriander, chopped
- 2 tsp Fish sauce
- 2 tsp Sugar
- 2 tbsp Lemon juice
- 1 tbsp Water
- 2 tsp Red chili, chopped (optional)

1. In a pot, boil the shrimps until fully cooked for 3–5 minutes. Drain and set aside to cool.
2. For the dressing, mix together 1 tbsp fish sauce, 2 tbsp lemon juice, 2 tsp sugar, 1 tbsp water and 2 tsp chopped red chili (optional).
3. In a large mixing bowl, add all the ingredients and toss with the dressing until evenly coated. Store in the fridge before serving.



Scan the QR code to view and download the **The Brain Health Food Guide** – an eating tool that includes a variety of healthy foods that supply your brain with the nutrients it needs to function best and will help lower the risk of dementia.

