

Tropical Rainbow Asian Salad

with Roasted Carrot-Ginger Dressing

Ingredients for salad:

- ▷ 2 cups chopped kale
- ▷ 1 romaine heart, sliced
- ▷ ½ cup julienned carrots
- ▷ 2 cups shaved napa cabbage
- ▷ 2 cups shaved red cabbage
- ▷ 2 cups shaved brussel sprouts
- ▷ 3 Persian cucumbers, sliced
- ▷ 1 red bell pepper, thinly sliced lengthwise
- ▷ 2 celery stalks, thinly sliced
- ▷ 2 mangos, thinly sliced (I like the yellow Ataulfo variety)
- ▷ 1-2 tablespoons black sesame seeds



Ingredients for dressing (1 ½ cup):

- ▷ 2 medium carrots, peeled and sliced
- ▷ 1 tablespoon olive oil
- ▷ 1 1-inch piece ginger, sliced
- ▷ 1 clove garlic
- ▷ 1 tablespoon mirin
- ▷ 1 tablespoon seasoned rice vinegar
- ▷ 1 tablespoon white miso paste
- ▷ 1 squeeze of fresh lemon juice
- ▷ 1 tablespoon soy sauce
- ▷ 1 tablespoon toasted sesame oil
- ▷ 1-2 teaspoons chili-garlic paste (sambal-olek can be found in most markets), this is a bit spicy so adjust according to taste
- ▷ kosher salt and freshly cracked pepper to taste
- ▷ 1 tablespoon buttermilk
- ▷ water to thin out dressing to desired consistency
- ▷ ½ cup chopped roasted peanuts, optional garnish

Directions:

For Dressing:

Preheat oven to 350°. Toss sliced carrots with a bit of olive oil, salt and pepper and place on a baking sheet. Roast for about 30 minutes until tender. Allow to cool. Place in a food processor or blender along with all other ingredients and process until no chunks remain and you have achieved a smooth consistency. Add water as necessary to thin dressing to desired consistency (this will depend a bit on the size of your carrots) and about a half tablespoon of sesame seeds reserving the remainder to sprinkle on the salad. Adjust seasonings to taste. Dressing can be prepared ahead and stored in air tight container in fridge for 2-3 days.

Assemble Salad:

If you used your food processor for the dressing, rinse it out and attach the shaving blade to shave the brussel sprouts and cabbage. Select a large serving bowl, and begin layering and arranging your salad ingredients. I used the romaine lettuce as a base and then combined the kale and carrots and arranged the various vegetables in a star-like design varying all the colors. Likewise, if your serving bowl was more rectangular, you could opt for rows. Salad can be prepared up until this point and placed in the fridge, covered until ready to serve. Sprinkle the salad with the black sesame seeds and add desired amount of dressing when ready to serve.