

Green Curry Chopped Salad with fresh mango

Swick

Makes 3 servings | Active Time: 35 minutes | Total Time: 35 minutes

Chef's Notes

Suggested adult serving: 4 cups

Store any leftover salad in an airtight container in the refrigerator for up to 3 days.

RECIPE TIPS

Aquafaba: Aquafaba refers to the liquid in a can of chickpeas.

Pure Maple Syrup: Maple syrup is boiled down sap from the maple tree. Make sure to purchase "pure maple syrup" (not "pancake syrup," "table syrup," or "maple-flavored syrup," or even just "maple syrup," as they contain artificial maple flavor and cane sugar or corn syrup).

Step 1: Prepare Salad Fixings

• FOR THE SALAD

- 2 1/4 (15-oz) cans chickpeas drained with liquid reserved, rinsed (≈3 1/3 cups)
- 3 oz romaine lettuce chopped (≈3 cups)
- 3 3/4 oz broccoli, chopped (≈1 1/2 cups)
- 3/4 cucumber quartered lengthwise & sliced
- 1 1/2 carrots chopped (≈3/4 cup)
- 1 1/2 stalks celery, chopped (≈3/4 cup)
- 3 scallions (white & green parts) sliced (≈1/3 cup)

• FOR THE LIME CURRY DRESSING

- 1/4 cup aquafaba
- 3 tablespoons fresh lime juice
- 1 1/2 tablespoons green curry paste
- 1 1/2 tablespoons white wine vinegar
- 1 tablespoon pure maple syrup (optional)
- 3/4 teaspoon mustard powder
- 1/3 cup fresh cilantro chopped (divided)
- 3/4 lime cut into wedges
- 1 1/2 mangoes sliced

PREPARE CHICKPEAS

Drain chickpeas, setting aside aquafaba. Rinse chickpeas.

TOSS SALAD

In a large bowl, toss chickpeas, romaine, broccoli, cucumber, carrots, celery, and scallions.

WHISK LIME CURRY DRESSING

In a small bowl, whisk 1/4 cup aquafaba, lime juice, curry paste, white wine vinegar, maple syrup (if using), and mustard powder. Stir in half of the cilantro.

DRIZZLE, TOSS & SERVE

Drizzle lime curry dressing over salad, tossing to coat. Sprinkle with remaining cilantro and serve with lime wedges. Serve alongside sliced mango.