



Yum Som-O

Makes 1 portion

This healthy take on the Thai classic makes a light, refreshing meal that's bursting with flavour. Pomelo is packed with immunity-boosting vitamin C as well as body-balancing potassium, whilst the zing of chili helps fire up your metabolism and reduces inflammation. Yum som-o makes a wonderfully fresh side dish or a light main meal.

Ingredients

Pomelo	100g
Chicken mince	80 g
Shallot, sliced	5 g
Red chili, sliced	2 g
Kaffir lime leaf, sliced	1 g
Mint	1 g
Spring onion, sliced	2 g
Lime juice	1 lime
Fish sauce	5 ml
Palm sugar	5 g
Chili paste	5 g

To garnish

Cucumber, sliced	3 pieces
Long bean	5 pieces
Coriander	1 g

Method

1. Bring a saucepan of water to the boil, add in the chicken mince. Cook thoroughly, strain and leave to cool.
2. In a small bowl, add the chili paste, palm sugar, fish sauce, lime juice and chilies. Whisk together with a fork until the sugar dissolves into the mixture.
3. Put all the remaining ingredients together in a bowl, add the dressing and toss thoroughly.
4. Present the dish on a plate and garnish with cucumber, long beans and coriander.

Recipes for Healthy Living

"Let food be thy medicine and medicine be thy food." Hippocrates

Simply following a healthy diet on a regular basis can significantly improve our wellbeing. Kamalaya's inspired healthy cuisine combines the ancient healing traditions of China and India with current medical research to create delicious, nutritious cuisine that supports optimal health. See more healthy recipes here:

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