**Thai-inspired Leek Heart Salad**

A great side dish, or main course, you can mix up the ingredients depending on what’s in season. You’re aiming for lots of bright coloured veg to make this a healthy, delicious and colourful salad.

Serves 2

For the Salad

• 1 leek heart (light green centre section within the dark green leaves), sliced thinly (julienned)

• 1 tblsp rapeseed oil

• 1 medium carrot, julienned

• 1/4 medium red cabbage, finely shredded

• 200 g mixed salad leaves

• 20g fresh coriander leaves

• 20g fresh mint leaves, torn if too large

• 2 tblsps sesame seeds (or pumpkin, sunflower or hemp seeds)

Thai-style Dressing:

• 1 tsp peanut oil

• 1 tblsps fresh lime or lemon juice

• 2 tblsps sweet chilli sauce

• 2 tsps fish sauce

**Method**

• Slice leek leaves lengthways, and open out flat to reveal the light green ‘heart’. Rinse under cold water to remove dirt. Pat dry.

• Slice the leek heart into thin slices, following the natural lines of the leek to make it easier.

• Heat the oil in a frying pan over medium high heat. Add the sliced leek hearts and gently sauté, but not for too long or they’ll be too soft – only for up to 1 minute maximum.

• Slice the carrot into super thin pieces, about the same size as the leek hearts

• Shred the cabbage finely.

• Mix the salad dressing ingredients together and mix thoroughly

• To assemble the salad, place the salad leaves at the bottom of the serving bowl, and then top with the leek hearts, carrot and red cabbage.

• Then add the herb leaves – mint & coriander on top. Sprinkle with sesame seeds

• Drizzle over the dressing and serve.