

Shredded Bamboo Salad with Chilies, Lime and Mint

From A Healthy Kitchen, Sacramento.

- 1 c. shredded bamboo shoots, rinsed and drained twice
- 1 small red bell pepper, cut into thin strips
- 1/2 c. carrot, julienned
- 1 shallot, finely minced
- 2 cloves garlic, finely minced
- 1 green onion, finely minced
- 2 T. fish sauce
- 1 1/2 T. fresh lime juice
- 2 T. roasted peanuts, ground into a powder
- 2 t. sugar
- 1 to 2 t. coarsely ground dried red chili
- A handful of fresh mint leaves
- 1 c. shredded cabbage for garnish (optional)

In a mixing bowl combine shallots, garlic and green onion. Add fish sauce, lime juice, rice powder, sugar and chilies, and combine well. Add in the bamboo shoots, carrots and bell pepper. Adjust seasoning. Add mint and toss well. Allow to sit for 10-15 minutes. To serve, drain excess liquid into a bowl and set aside (you may use this as extra dressing). Serve salad on top of shredded cabbage, if desired.