

# Som Tam: easy Thai papaya salad

Total time **20 min mins** 10 mins preparation time 10 mins cooking time

Nutritional facts (per portion):  
**640 kJ / 153 kcal**

Fat: **5.2 g** Protein: **3.2 g**  
Carbohydrates: **24.8 g**

## INGREDIENTS

2 portion(s)

**2 tbsp** coconut sugar (or brown sugar)  
**1** garlic clove  
**2 tbsp** [Kikkoman Naturally Brewed Tamari Gluten free Soy Sauce](#)  
**2 tbsp** lime juice  
**100 g** green papaya (slightly underripe or green mango)  
**100 g** kohlrabi  
**50 g** carrot  
**50 g** green beans (precooked, cut into 2.5 cm pieces)  
**0.5** red chilli  
**3** sprigs of coriander  
**2 tbsp** roasted nuts, crushed (peanuts or cashews)

## PREPARATION

### Step 1

**100 g** green papaya (slightly underripe or green mango) - **100 g** kohlrabi - **50 g** carrot - **0.5** red chilli - **3** sprigs of coriander

Cut the green papaya lengthwise, peel it, remove the seeds and cut into julienne strips. Julienne the kohlrabi and carrot to match the papaya. Slice the red chilli into thin rings. Roughly chop the coriander.

### Step 2

**2 tbsp** coconut sugar (or brown sugar) - **1** garlic clove - **2 tbsp** [Kikkoman Naturally Brewed Tamari Gluten free Soy Sauce](#) - **2 tbsp** lime juice

Place the sugar in a bowl. Add the garlic and crush it with a pestle until blended with the sugar. Once combined, add the Kikkoman Gluten-free Soy Sauce and lime juice. Mix thoroughly.

### Step 3

Prepared kohlrabi and carrot - Prepared dressing  
Add the kohlrabi and carrot to the bowl from Step 2. Lightly pound with a pestle to soften the fibres while coating them evenly with the dressing.

### Step 4

Prepared papaya - Prepared red chilli - **50 g** green beans (precooked, cut into 2.5 cm pieces) - **2 tbsp** roasted nuts, crushed - Chopped coriander  
When the kohlrabi is slightly tender, add the papaya, red chilli, green beans and half of the crushed nuts. Mix gently and transfer to a serving plate. Top with the remaining nuts and coriander.