

Larb Salad

(larp, laap, lap laarp, lab) – Thai/Lao



Takes 30mins

Makes 2 portions

Ingredients:

- 50g dry glutinous rice, jasmine or sushi rice is best but others will work
- 2 tablespoons oil for frying
- 2 red onions/4 shallots – thinly sliced
- 2-3 cloves garlic, thinly sliced
- 200g ground turkey, pork, chopped duck, tofu, mushrooms or minced beef. You can also use whole meat chopped up finely or cooked leftovers too.
- 2 tablespoons fish sauce (veggie alternative 1 tablespoon light soy & 1 tablespoon rice wine vinegar)
- 1 tablespoon honey (brown sugar for vegan)
- 2 limes, 1 for garnish
- 1 Thai red chilli, or ½ teaspoon chilli powder (optional)
- Small bunch of mint, Thai basil & coriander
- 3 scallions to garnish
- Baby gem or romaine lettuce to serve in cups
- Sticky or coconut rice on the side, optional
- Crunchy vegetables like grated carrot & chopped cucumber to serve, optional

Method:

1. Begin by dry frying the rice over a medium heat until golden and toasted, takes about 5-7 minutes.
2. Allow to cool and then grind down in a pestle and mortar.
3. Place a large frying pan or wok over a high heat and add your oil.
4. Begin to fry the onions/shallots for 2-3 minutes, season with salt.
5. Once soft and golden remove half and set aside.
6. Now add in your garlic for 1 minute.
7. Next up, add in your minced meat or chopped mushrooms/tofu.
8. Cook on the high heat for 3-4 minutes constantly stirring and breaking up any clumps.
9. Add in your fish sauce, honey, zest and juice of one lime and the finely chopped chilli.
10. Once the meat is crispy and fully cooked remove from the heat.
11. Fold through all your chopped herbs.
12. Spoon the mixture into lettuce cups and garnish with fried onions, scallion and ground crispy rice.
13. Serve with lime wedges, chopped coriander, sticky rice and crunchy vegetables.