

Rýžový salát s mangem , kokosem a mátou

Kategorie: Zeleninové saláty

Hodnocení: nezadáno

Počet porcí:

Náročnost: středně obtížný

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Suroviny

0,75 cup jasmine rice
1,12 cups chicken broth or vegetable broth
0,25 cup coconut milk, shaken very well
1,5 tablespoons lime juice
1 tablespoon rice wine vinegar
1 tablespoon ginger, grated
0,5 tablespoon minced hot red chili pepper
0,5 tablespoon mustard oil (OR 1 tablespoon olive oil and 1 teaspoon dried mustard)
0,25 teaspoon salt
0,25 teaspoon fresh ground black pepper
0,5 large ripe mango, diced (approx. 2 cups)
0,25 cup chopped scallion, white and green parts
0,25 cup fresh mint, chopped
0,12 cup toasted slivered almond

Postup

Directions

1

To toast your almonds, preheat your oven to 350 degrees F, and place nuts in a single layer on a baking sheet, and toast for approximately 10 minutes, shaking your pan periodically to rotate the nuts, until they are golden and fragrant.

2

Set aside to cool.

3

Combine rice and broth in a medium saucepan.

4

Bring to a boil, then stir and cover.

5

Reduce your heat to a simmer and allow to cook for 15 mins, or until liquid is absorbed.

6

Turn off heat and allow rice to stand covered for 10 mins, and uncover and fluff with a fork.

7

In a nonreactive large bowl, mix coconut milk, lime juice, vinegar, ginger, chilies, mustard oil, salt and pepper.

8

Add rice to this mixture, stirring to coat the rice very well.

9

Refrigerate for at least 2 hours for rice to absorb flavors.

10

Before serving, bring rice to room temperature, and then stir in your mango, scallions and 0,25 cup of mint.

11

Taste test to see if seasonings suit you.

12

if not, you may want to add more vinegar, salt, or pepper.

13

Garnish with the toasted almonds and remaining 0,25 cup of chopped mint.

Poznámka

Coconut-Mint and Mango Rice Salad