

Laos

Tum Mak Hoong (Green Papaya Salad)

Wherever you go in Laos you will find people eating *tum mak hoong*. Phet from the Australian Volunteers Program team in Laos guarantees that every volunteer has shared *tum mak hoong* with their colleagues at least once during their assignment.

This spicy, salty, delicious dish is great served with sticky rice, barbecue chicken and green salad.

Ingredients

- 1 cup raw green papaya, shredded
- ½ cup snake beans, chopped into strips
- ¼ cup shredded carrots
- ¼ cup cherry tomatoes
- ½ lime, cut into slices
- ½ clove garlic
- ½ tbsp brown sugar
- ½ tsp shrimp paste
- ½ tsp crab paste
- ½ tbsp fish sauce
- Salt to taste
- Chillies to taste

Method

Combine garlic, chillies, salt, sugar, shrimp paste, and crab paste in a mortar and pestle and grind until well combined.

Add shredded papaya, snake beans, carrots, fish sauce and lime and gently grind to combine, until the papaya starts to darken in colour.

Add cherry tomatoes. Adjust the seasoning, and serve.

