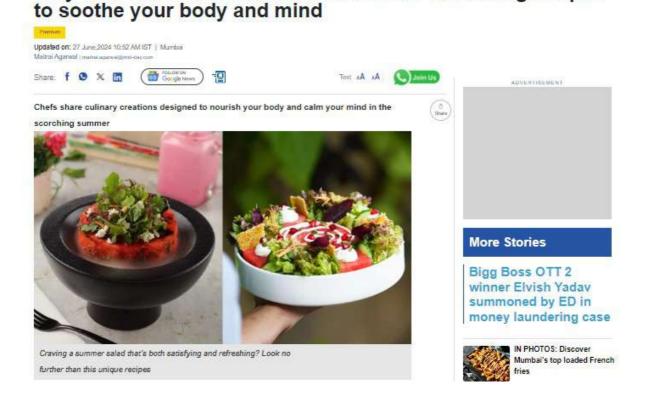


Stay cool with these salads: Chefs share refreshing recipes



Summer salad

Craving a summer salad that's both satisfying and refreshing? Look no further than this crunchy salad with greens, nuts, and a soothing cilantro lime salad dressing. "The unique combination of tamari, chili powder, and a touch of balsamic vinegar delivers a burst of umami flavor with a hint of spice, perfectly complementing the fresh ingredients," shares Jagmohan Singh, food and beverage manager at Araiya Hotels and Resorts.

Ingredients

Romaine lettuce 1 medium head

Shiitake mushroom 100 gm

Walnut 5 no

Red cabbage and radish 80 gm

Jalapeno sliced (optional)

Sliced avocado 1 no

Cilantro lime dressing 60 gm

Crispy tortilla sliced into strips 2 no

Chopped bell pepper 30 gm

Corn 30 gm

Green onion 30 gm

Olive oil 1 tbs

Sea salt as per taste

Freshly ground black pepper as per taste

Method

- 1. Preheat the oven to 400 degrees, and line a baking sheet with parchment paper.
- 2. Toss the tortilla strips with a tiny bit of olive oil.
- 3. Over medium heat put olive oil add mushrooms and cook until begin to brown and soften.
- 4. Stir in the walnut and lightly toast for 1 to 2 minutes.
- 5. Stir in the tamari and chilli powder. Add balsamic vinegar and stir again.
- 6. Remove from the heat and season with salt and pepper to taste.
- Assemble the salad with the romaine lettuce, cabbage, black beans, radishes, tomatoes, avocados, jalapenos, and generous dollops of cilantro lime avocado dressing.
- Drizzle with olive oil and sprinkle with sea salt. Serve with lemon wedges and extra dressing on the side.

