



Makes 8 cups
Preparation Time: 15 minutes
Cook Time: 15 minutes

INGREDIENTS:

2 tablespoons reduced-sodium tamari or soy sauce
2 tablespoons lime juice
1 tablespoon grated fresh ginger
2 teaspoons lime zest
Pinch crushed red pepper
Freshly ground black pepper, to taste
2 cups cooked brown rice
2 cups bean sprouts
2 cups shredded napa cabbage
1 cup shredded red cabbage
1 cup sliced Persian cucumber
½ cup grated carrot
½ cup thinly sliced scallions
¼ cup roasted peanuts
¼ cup finely chopped fresh basil (preferably Thai basil)
¼ cup finely chopped fresh cilantro
2 tablespoons finely chopped shallot

Good Morning Bangkok Salad

Many people find the idea of eating salad for breakfast surprising, but in southern Thailand khao yam is a popular dish for starting the day. Refreshing raw vegetables and chewy brown rice are drizzled in a tangy dressing packed full of [ginger](#), lime zest, and crushed red pepper. Roasted peanuts and chopped [shallot](#) add a satisfying crunch to ensure each bite runs the gamut of tasty textures. The traditional version of khao yam contains powerful aromatics such as galangal and kaffir lime, which can be a bit strong first thing in the morning if you aren't used to these flavors. For a milder alternative and easier shopping, we opt for fresh basil and cilantro, which will be just as tasty. And there are no hard rules that say Thai breakfast salad has to be enjoyed after rolling out of bed—feel free to gobble up this gorgeous dish at any time of day!

From *From Forks Over Knives: Flavor!*

For more tantalizing vegan Thai recipes, check out these tasty ideas:

- [Vegan Pad Thai with Tofu](#)
- [Thai Vegetable Noodle Soup](#)
- [Thai Fruit Skewers with Coconut and Lime](#)
- Or take a look at our full [collection of Thai recipes](#)

By Darshana Thacker Wendel

- 1 For dressing, in a small bowl whisk together the first five ingredients (through crushed red pepper). Whisk in ¼ cup water. Season with black pepper.
- 2 In a large bowl combine the remaining ingredients. Drizzle dressing over salad; toss to combine.