



Jade Blend™ Saigon Style

Yield: 10 servings

Ingredients

- 1 $\frac{3}{4}$ c. water
- 8 oz. InHarvest Jade Blend™
- $\frac{1}{4}$ c. scallions, thinly sliced
- $\frac{1}{4}$ c. red bell pepper, seed and thinly sliced into 1/2 pieces
- $\frac{1}{4}$ c. mint leaves, roughly chopped
- $\frac{1}{4}$ c. basil leaves, roughly chopped
- $\frac{1}{2}$ c. cilantro leaves, roughly chopped
- $\frac{1}{2}$ t. ginger, finely minced or grated
- $\frac{1}{2}$ t. garlic clove, finely chopped
- 1 T. soy sauce, reduced sodium
- 1 T. lime juice
- $\frac{3}{4}$ t. red pepper flakes
- $\frac{3}{4}$ t. mustard, dried
- 1 T. water
- $\frac{1}{8}$ c. fish sauce (for vegetarian, substitute additional reduced sodium soy sauce)
- $\frac{1}{4}$ c. canola oil
- $2\frac{1}{2}$ avocados

Directions

1. Bring water to a boil.
2. Add InHarvest Jade Blend, reduce to a simmer and cook, covered for 11-12 minutes.
3. Remove from heat and cool on a sheet pan.
4. When Jade Blend is cool, place it in a large bowl and add scallions, bell pepper, mint, basil and cilantro.
5. In a separate bowl, combine the ginger, garlic, soy sauce, lime juice, red pepper flakes, mustard, water and fish sauce.
6. Add the oil to the bowl in a slow, steady stream, using an immersion blender to emulsify.
7. Add the dressing to the Jade Blend mixture and toss to combine.
8. Serve $\frac{1}{2}$ c. of salad on top of $\frac{1}{4}$ of an avocado, sliced.

Nutrition Facts

Per serving: 195 cal., 4 g pro., 21 g carb., 5 g fiber, 11 g fat (1 g sat. fat), 0 mg chol., 354 mg sod., 1 g sugar

Chef Suggestion: For an entree, add grilled seafood such as octopus.