

## Papaya Cashew Nut Brittle Salad

Serves 6

by Rozanne Stevens



This is a very glamorous recipe for entertaining, elegant as a starter. The presentation is special, but not too difficult to achieve. The only challenging element is to make the cashew nut brittle. A top tip is to spread it out on a silicone sheet so that you can get it off! It is very moreish and adds a lovely touch to the recipe. Leftover cashew brittle can be served with after dinner coffee. If you haven't polished it all off yourself!

3 baby papaya

1 cucumber

2 carrots

50ml sesame seeds, lightly toasted

½ cup fresh coriander, chopped

Alfalfa sprouts to garnish

Dressing:

75ml sesame seed oil

50ml soy sauce

15ml rice vinegar

Caramelised cashew nuts- Cashew nut brittle

100g cashew nuts

250ml sugar

100ml water

### Method:

- Mix the sugar and water in a pot, stir well over a medium heat to dissolve the sugar. Bring to the boil and cook until the sugar syrup is a pale golden colour. Pour over the cashew nuts laid out on a silicone sheet. Allow to set then chop up in a food processor or with a sharp knife.
- Halve the papayas and scoop out the seeds with a teaspoon. Scoop a little of the flesh out into a bowl, leaving the skin and a layer of flesh in tact.
- Take a vegetable peeler and peel the cucumber into ribbons, discard the watery middle bit. Use the same method for the carrots.
- Toss together the carrots, cucumber, papaya, sesame seeds, coriander and dressing. Fill the papaya cavities.
- Garnish with alfalfa sprouts and chopped cashew nuts.