Altertrade Philippines Inc.

HEALTHY FOOD Recipes

Radish and Tomato Salad

Prep time: 15 mins
Total time: 15 mins
Serves: 4

Ingredients

1 radish (Labanos), shaved
1 teaspoon Salt
Mascobado Sugar pinch
100 grams tomatoes
1 medium onion, finely chopped
Chives, chopped finely
1/8 cup Aminos
Pepper pinch
Salt pinch

Instructions

Peel the radish and cut off both ends. Shave the pulp with a peeler. Mix the radish with a lot of salt using your hands and squeeze the radish pulp a little bit while mixing. Leave for half an hour or more. After half an hour, squeeze out the excess liquid then move the pulp to a medium to big strainer while rinsing under the faucet. Rinse well and squeeze out the excess water completely.
Transfer the radish to a bowl then add the tomatoes, onions and chives.
In another bowl, mix the Aminos, salt the pepper. Add a pinch of sugar to break the sourness of the Aminos. Pour on the salad. If it needs more, adjust the amount of the dressing.

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