



Asian Crab Salad

with Edamame
and Peanuts

Cooke
FOODSERVICE+

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INGREDIENTS

- 200 g package of precooked red crab meat
- 1 cup edamame (shelled and cooked)
- 1/2 cup roasted peanuts, chopped
- 1 cup red cabbage, thinly sliced
- 1 small cucumber, julienned
- 1 carrot, julienned
- 2 green onions, sliced
- 1 handful fresh cilantro, chopped
- 1 tbsp sesame seeds (optional, for garnish)

Dressing:

- 2 tbsp soy sauce
- 1 tbsp rice vinegar
- 1 tbsp sesame oil
- 1 tbsp lime juice
- 1 tsp honey or maple syrup
- 1 tsp ginger, finely grated
- 1 garlic clove, minced
- 1 tsp chili flakes (optional, for heat)

INSTRUCTIONS

1. In a small bowl, whisk together the soy sauce, rice vinegar, sesame oil, lime juice, honey, ginger, garlic, and chili flakes (if using). Adjust seasoning to taste.
2. In a large mixing bowl, combine the crab meat, cooked edamame, peanuts, red cabbage, cucumber, carrot, green onions, and cilantro.
3. Pour the dressing over the salad and gently toss to combine, ensuring all ingredients are well-coated.
4. Transfer the salad to a serving dish. Sprinkle with sesame seeds for garnish if desired.

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