



Gotu Kola Salad

Serves 2

In Ayurveda and traditional Chinese medicine, gotu kola is – among other things – considered an anti-ageing herb. In fact, the saying goes “Two leaves a day keeps old age away”. Its anti-inflammatory properties are highly regarded, and it is beneficial in treating arthritis. Gotu kola is therapeutic for the brain and the central nervous system, helping to improve concentration and calm the nerves. In studies, it has shown to increase blood circulation, balance blood pressure, boost memory and ease anxiety. It is rich in vitamins B1, B2, B3 and B6, which accounts for its positive effects on the nervous system. Use the fresh leaves to make tea, or in this robustly flavoured healing salad.

Ingredients

Gotu kola leaf	50 g	Mint leave	5 g
Green mango	50 g	Coriander leaf	2 g
Coconut flesh, cut into fine strips	50 g	Spring onion sliced	2 g
Beetroot, cut into fine strips	25 g	Lemon grass, chopped very finely	1/2 tsp
Turnip, julienne	10 gm	Sesame seed, black and white	2 g
Tamarind juice	15 ml	Shallot, sliced very finely	10 g
Lime juice	10 ml	Chilli powder	1 g
Lemon grass, chopped very finely	1/2 tsp	Sea Salt	1 g
		Wakame (optional)	40 g

Method

1. Peel the green mango, then use a serrated vegetable peeler to make fine strips (or you could use a mandolin).
2. Place the mango strips into a mixing bowl and add the coconut flesh, turnip, shallot and beetroot. (If using wakame, add now.)
3. Rub the gotu kola leaves between your hands to release the flavours and nutrients, and then add to the other ingredients.
4. Add the chilli, sesame seeds, tamarind juice and lime juice. Mix well, and then serve.

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