



Vegan Vietnamese recipes shared by Nguyễn Thiên Ân

## Gỏi Đu Đủ Chay: Papaya Salad



[Youtube Instructional Video](#)

### Ingredients:

#### For the toppings:

1 cup dried bean curds

3 cloves whole garlic

2 cloves whole shallots

1 tablespoon mushroom seasoning granules

Boil all ingredients in water until bean curds are hydrated and soft.

Remove bean curds and shred thin like chicken.

#### For the salad:

1 very green papaya, shredded

2 medium carrots, shredded

1 onion, sliced thin

1 bunch Rau Răm (Vietnamese mint), chopped

1 bunch cilantro, chopped  
1 bunch culantro, chopped  
1 bunch Thai basil, chopped  
1 red bell pepper, sliced  
Toasted peanuts

For the soy sauce dressing:

1 bulb garlic, minced  
5 Thai chili peppers, minced  
4 tablespoons soy sauce  
3 tablespoon sugar  
1 tablespoon rice vinegar  
1 lime, juiced  
1 cup warm water  
1 teaspoon sesame oil

Mix all ingredients together and adjust to taste. For best results, dissolve the sugar in the warm water first before adding other ingredients.

**Instructions:**

To make the salad, mix the bean curds and vegetables together in a bowl. Drizzle sauce on top. Top with toasted peanuts.