

# LAHPET AND BALSAMIC DRESSING



## INGREDIENTS

Tea leaf 20g  
Cappers 15g  
Fresh Garlic 10g  
Chilli (Fresh or Dry)  
Balsamic Vinegar 5 teaspoon  
Graduated Sugar 1 teaspoon  
Salt 1teaspoon  
130ml of olive oil

**DRESSING** 100 gram of French beans, Carrot, Cherry Tomatoes Of tomato, 50 g of lettuce

## METHOD

1. Mix all of the ingredients for the dressing, except the olive oil. You can chop the Lahpet into smaller pieces.
2. Once it has become a paste mix in the olive oil. Add salt and pepper to taste.
3. Soften the french beans by briefly boiling them, then cut them into sticks.
4. Chop tomatoes in half and peel the carrot
4. Place all the salad ingredients into a salad bowl and combine, drizzle over the dressing and serve with a wedge of lime, Burmese Beans and nuts and chilli oil

