INDONESIAN · LUNCH · SIDE

Karedok (Sundanese Raw Vegetable Peanut Salad)

25 min · Serves 3 · 374 kcal a serve · Video 13:06 · Galeri Rasa Channel

Pescatarian · No dairy listed

Five raw vegetables and lemon basil dressed in a tamarind-lime peanut sauce: about 11 g of protein and 6 g of fibre per serve, with every vegetable eaten raw.

Diet notes: Low saturated fat (2.1 g, 5% of the energy); Gluten-free with a swap: use gluten-free mushroom stock powder.

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Ingredients 19 · SERVES 3

- [ ] 3½ oz **fried peanuts**, browned a shade darker than usual
- [ ] 3 large **red chillies**
- [ ] ¾ oz **palm sugar**, chopped
- [ ] 3 **garlic** cloves
- [ ] 1¼ inch **kencur** (aromatic ginger)
- [ ] 1 tsp **sugar**
- [ ] ½ tsp **mushroom stock powder**
- [ ] ¼ tsp **shrimp paste** (terasi)
- [ ] ¾ tsp **salt**
- [ ] **Tamarind paste**: a marble-sized piece of tamarind
- [ ] 6 tbsp **hot water**, to soak the tamarind
- [ ] **Lime juice**: juice of ½ kaffir lime (jeruk limau)
- [ ] 1¾ oz **yardlong beans**, cut into ½ inch pieces
- [ ] 2½ oz **cabbage**, finely shredded
- [ ] 1 small **round Thai eggplant** (terong gelatik), quartered and sliced
- [ ] 1 small **cucumber**, quartered and sliced
- [ ] 1¾ oz **plump bean sprouts**, tails removed
- [ ] ¾ oz lemon basil (kemangi) leaves
- [ ] 3½ oz **orange gado-gado crackers** (krupuk), to serve (optional)

Amounts in US units, converted from the cook's and rounded — the video has the originals.

Allergens found in the listed ingredients: Gluten, Crustacea, Peanut. Worked out from the ingredient list, not tested. Stock, sauces, spice mixes and other packaged foods can contain allergens, so always read the labels on what you buy. If you have a food allergy, don't rely on this.

Method TIMES = THE MOMENT IN THE VIDEO

1. Fry the peanuts a shade darker than usual (or use ready-fried peanuts) so their aroma stands up to the other flavours, then pulse them briefly in a chopper so they stay a little coarse. 1:06
2. In a mortar (cobek), grind the chillies, garlic, kencur, shrimp paste, salt, sugar and mushroom stock, then grind in the palm sugar until smooth. 3:16
3. Add the peanuts and grind until they bind with the paste. Soak the tamarind in 6 tbsp hot water, pour in the tamarind water, add the lime juice and mix well. 4:38
4. Add the long beans and bruise them lightly in the sauce, then the eggplant. Add the cabbage, bean sprouts, lemon basil and cucumber and toss until everything is coated. 6:18
5. Serve straight away, before the raw vegetables release their water, with krupuk crackers on the side. 8:02

> **Tip** Serves about 3 (our estimate). Dry-roast raw peanuts in a pan instead of frying them if you prefer. Leave out the shrimp paste for a vegan version. Make it just before eating, as it turns watery.

The method is a summary in our words — the video shows every step.

One serve gives you 1 OF 3 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE
374 kcal	11 g	50 g
1,560 kJ	22% of a day	44 g net · 14 g sugars
		18% of a day

FIBRE	FAT	SODIUM
5.9 g	17 g	920 mg
21% of a day	2.1 g saturated	40% of a day
	21% of a day	

Energy from net carbs 47% · protein 12% · fat 41%

High in (20%+ of a day) Vitamin K 56% · Vitamin C 33% · Folate 30% · Vitamin E 22% · Magnesium 20%

Source of (10–19%) Vitamin B6 18% · Iron 15% · Zinc 14% · Potassium 11%

Recipe and video: Galeri Rasa Channel (@GaleriRasaChannel) on YouTube — youtube.com/watch?v=aRqOKePIxUA, published 14 April 2025. All credit for the recipe goes to the cook; please watch and support their channel.

By Notbroken: the method summary, the unit conversions, the diet notes and the nutrition estimate — worked out from the ingredient list with USDA FoodData Central values; % of a day compares one serve with the US FDA daily values on food labels (2,000 kcal). Brands, portions and cooking change the real numbers.

General information about food, not medical or dietary advice. Free, no sign-up: notbroken.io/eat/karedok-sundanese-raw-vegetable-salad