

# DAVE MATTHEWS'S BAND

RECIPES FROM THE ROAD

## ASIAN MANGO COLESLAW WITH SESAME AND LIME

ANNE CHURCHILL, KARMA KITCHEN

SERVES: 8

ACTIVE TIME: 20 MINUTES

### FOR THE COLE SLAW

- 1 GREEN MANGO, USE A RIPE ONE IF GREEN IS NOT AVAILABLE
- 1 HEAD OF SAVOY OR NAPA CABBAGE
- 2 RED BELL PEPPERS
- 1 RED ONION
- 1 BUNCH OF THAI BASIL
- 1T BLACK SESAME SEEDS
- 1T WHITE SESAME SEEDS

### FOR THE DRESSING

- 2 C THAI SWEET CHILI SAUCE
- 1/8 C FISH SAUCE, CAN SUBSTITUTE BRAGGS LIQUID AMINO
- FOR A VEGETARIAN VERSION
- 1/8 C SESAME OIL
- 1/8 C LIME JUICE

FOR THE COLE SLAW, JULIENNE MANGO, CABBAGE, PEPPERS, ONION AND BASIL. TRANSFER TO A LARGE BOWL, ADD SESAME SEEDS AND TOSS TO COMBINE.

FOR THE DRESSING, MIX TOGETHER CHILI SAUCE, FISH SAUCE, SESAME OIL AND LIME JUICE IN A SEPARATE BOWL. POUR OVER VEGETABLES, MIX AND SERVE.

THE BAND AND CREW WORK LONG HARD HOURS ON THE ROAD, SO WE STRIVE TO OFFER NOT ONLY HEALTHY FRESH FOODS BUT FOODS THAT ARE SUBSTANTIAL AND SATISFYING FOR A WIDE RANGE OF DIETS. IN THE BAND ALONE THE DIETS RANGE FROM HARD-CORE CARNIVORES, TO HEALTH-CONSCIOUS PESCATORIANS AND STRICT VEGETARIANS. WE IDEALLY LOOK FOR ORGANIC LOCALLY PRODUCED PRODUCE, SUSTAINABLY HARVESTED FISH AND HIGH QUALITY, HORMONE FREE POULTRY AND MEATS. DAVE MATTHEWS BAND TOURS PRIMARILY IN SUMMER SO WE ARE ABLE TO TAKE ADVANTAGE OF THE WIDE RANGE OF PRODUCTS THAT ARE AVAILABLE IN DIFFERENT REGIONS ACROSS THE US. WITH THE FOODS WE COOK IT IS BEST TO USE WHAT LOOKS GOOD AND FRESH AT THE STORE, PICK OUT THE MAJOR COMPONENTS OF THE MEAL AND FILL IN THE COMPLIMENTARY FLAVORS AFTER. WHEN THE FOODS ARE FRESH THE FOOD NATURALLY TASTES BETTER.

**WHOLE  
FOODS**  
MARKET



BIG WHISKEY AND THE GROOGRUX KING