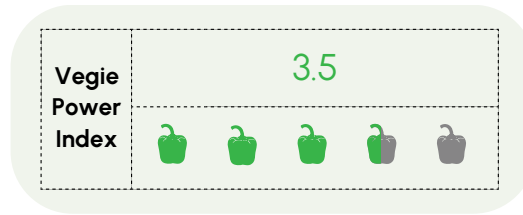


Asian Chicken Salad



Recipe classification	ACT	NSW	NT	QLD	SA	TAS	VIC	WA
	Green	Everyday	Green	Green	Green	Green	Green	Green

PREP/COOKING TIME: 30 MINUTES

BASED ON: 8 SERVES

INGREDIENTS

	SERVES 8	SERVES 16	SERVES 32
Chicken breasts	500g (~2 breasts)	1000g (~4 breasts)	2000g (~8 breasts)
Black pepper	1/4 tsp	1/2 tsp	1 tsp
Garlic	2 cloves	4 cloves	8 cloves
Coriander, roughly chopped	4 stalks	8 stalks	16 stalks
Rice stick noodles or vermicelli noodles	100g	200g	400g
Chinese cabbage, shredded	3 cups	6 cups	12 cups
Carrots, peeled, cut into strips	2 medium	4 medium	8 medium
Spring onions, thinly sliced	4 medium	8 medium	16 medium
Bean sprouts	250g	500g	1000g
Mint leaves, roughly torn	1/2 cup	1 cup	2 cup
Lime juice	2 tbsp	4 tbsp	8 tbsp
Sweet chilli sauce	2 tbsp	4 tbsp	8 tbsp
Fish sauce	2 tsp	4 tsp	8 tsp
Water	1 tbsp	2 tsp	4 tsp
Peanuts, unsalted, roughly chopped	40g	80g	160g

METHOD

1. Place both chicken breasts in a medium sauce pan with enough water to just cover. Season with black pepper.
2. Add garlic, coriander roots and stems. Reserve leaves.
3. Place over high heat and bring to the boil. Reduce heat and simmer with lid on for 2 minutes.
4. Switch off heat, cover and leave chicken to rest in the liquid stock while preparing salad.
5. Place the noodles in a large heatproof bowl and cover with boiling water. Set aside for 5 minutes to soften. Drain well.
6. Add cabbage, carrot, spring onions, bean sprouts, coriander leaves and mint to noodles. Stir well.
7. Remove chicken and garlic from liquid stock and set aside to cool slightly.
8. Make dressing by mashing cooked garlic in a cup and combining with lime juice, sweet chilli sauce, fish sauce and water.
9. Coarsely shred or thinly slice the chicken.
10. Add chicken and dressing to the salad and combine.

VARIATIONS

- If making in advance, add dressing and peanuts to salad just before serving.
- Remove peanuts to eliminate allergy risk.