

Asian Chicken Salad



Recipe By FoodieBook

Ref: 339

Heading: Salads

Cuisine: Chinese

Food Type: Meat

No of Portions: 1

Ingredients & Prep

400 g Chicken thigh boneless cut into strips

1 tbsp Ginger grated

1 tbsp Garlic clove grated

2 tbsp Soy sauce dark

2 tbsp Ground nut oil for frying

Salad

300 g Lettuce roughly chopped

1 Cucumber med chopped

4 Radish thinly sliced

4 Spring onion angled cut finely

20 g Fresh coriander chopped

Dressing

50 ml Groundnut oil

2 tsp Sesame oil

2 Garlic clove finely grated

1 tsp Rice wine or cider vinegar

1 tbsp Soy sauce dark

1 tsp Caster sugar

1 Red chilli hot finely chopped

1/2 tsp Dijon mustard

1 pinch Salt

Suggestion & Tips

Duck, pork or beef would be good here.

Method

Step 1 - Place all salad ingredients in a serving bowl.

Step 2 - Add oil, garlic, ginger & soy sauce into a wok or frying pan, then tip chicken into pan on a med heat stir until chicken is cooked, about 5 to 10 mins depending on the size or the strips, set aside in hot pan.

Step 3 - Make the dressing by putting all ingredients into a clean jam jar & giving it a good shake, or blend with a stick/hand blender, dress the salad & place warm chicken strips on top & serve.