

# Thai Chicken Salad



## Recipe By FoodieBook

**Ref:** 341

**Heading:** Salads

**Cuisine:** Thai/Vietnamese

**Food Type:** Meat

**No of Portions:** 4

## Ingredients & Prep

400 g Chicken thigh boneless cut into strips

1 tbsp Ginger grated

1 tbsp Garlic clove grated

1 tbsp Fish sauce

2 tbsp Ground nut oil for frying

### Salad

500 g Chinese cabbage finely sliced

180 g Carrot into matchsticks

20 g Fresh coriander chopped

2 Sweet/bell pepper any colour cut in thin strips

4 Spring onions angled cut small

### Dressing

50 ml Groundnut or rapeseed oil

2 Garlic clove finely grated

3 tbsp Soy sauce dark

2 tbsp Water

2 tbsp Rice wine vinegar

3 tbsp Sweet chilli sauce

1 Red chilli hot finely chopped

1 tbsp Sesame oil

2 tsp Lemongrass paste

1 tbsp Lime juice

1 tbsp Fish sauce

### Garnish

120 g Roasted peanuts chopped

## Suggestion & Tips

You could add fried firm tofu, or prawns, pork etc.

## Method

**Step 1** - Place chicken in a bowl with ginger, garlic, fish sauce, & the oil for frying, mix all together well & set aside.

**Step 2** - Place salad ingredients cabbage, carrot, cabbage, sweet pepper, spring onion, & coriander & mix in a serving bowl.

**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, then dress & mix in the salad, you may not need all of the dressing, keep any left over dressing in the fridge for a max of 2 weeks.

**Step 4** - Tip chicken into a wok or frying pan & fry on a med heat stir until chicken is cooked, about 5 to 10 mins depending on the size or the strips, then place on the salad.

**Step 5** - Sprinkle over the garnish & serve.