

FRESH & TASTY

# Vietnamese Chicken Salad

## YOU WILL NEED

Serves 6

2 chicken breasts, poached & shredded  
1/2 Chinese cabbage, sliced thinly  
1/4 red cabbage, sliced thinly  
2 Lebanese cucumbers, julienned or sliced thinly  
2 carrots, julienned or grated  
Large handful mint & coriander leaves  
Small handful Thai basil leaves, shredded  
Optional: Garnish with extra herbs, fried shallots or tamari almonds.

Dressing:

1 chilli, chopped (remove seeds if you'd prefer less heat)  
1 garlic clove, crushed  
1 tbsp palm or brown sugar  
2 tbsp fish sauce  
2 tbsp lime juice  
2 tbsp rice wine vinegar  
3 tbsp macadamia oil

## PROCEDURE

Dressing:

Pound chilli & garlic in a mortar & pestle (or chop finely).  
Add sugar & lime juice to a small bowl & stir until sugar dissolved.  
Add garlic/chilli paste, fish sauce, rice wine vinegar & macadamia oil, stirring well.

Salad:

Place salad ingredients & chicken on a platter & pour dressing over.  
Garnish with extra herbs, nuts etc.



## COOKING TIP

Make a double batch of the vegetable slaw and store in the fridge. Don't add dressing or it will go soggy.

You then have salad ready to add to other meals, wraps, or rice paper rolls. Will keep for two to three days.

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