

Nutritious & Delicious Salad Recipes



Thai Chicken and Paw Paw Salad

Ingredients (serves 2)

80 g rice noodles
250g paw paw or mango, peeled and sliced
1 (250g) cucumber, sliced
8 spring onions, sliced
200 g bean sprouts
2 (200g) carrots, peeled and grated
4 tbsp freshly chopped mint
4 tbsp freshly chopped coriander
3 cooked and shredded chicken breasts

Dressing

3 tbsp lime juice
3 tbsp olive oil
1 tbsp toasted sesame oil
1 tbsp soy sauce
Pinch light brown muscovado sugar
2cm piece fresh ginger, grated
1 garlic clove, crushed
1 red chilli, deseeded and finely chopped

Method

1. Soak the rice noodles in boiling water for about 5 minutes or until tender.
2. Rinse in cold water to prevent sticking, drain and chill.
3. Peel the skin off the paw paw using a potato peeler, then cut the fruit in half and scoop out the seeds.
4. Slice the flesh.
5. In a large salad bowl, combine the noodles, paw paw, sliced cucumber and spring onions, bean sprouts, grated carrots and herbs.
6. Pull the chicken breasts apart into strips and add to the bowl.
7. To make the dressing, whisk the ingredients together and drizzle over the salad.
8. Toss until well coated.
9. Chill and serve on four plates with a handful of chopped peanuts and sliced lime.

Key Nutrients

Portion	461g	100g	
Calories	561 (kcal)	122 (kcal)	
Nutrients	Per Serving	Per Serving	
Fat	14.3g	3.1g	Med
Saturates	2.4g	0.5g	Low
Sugars	9.2g	1.9g	Low
Salt	0.8g	0.2g	Low
Protein	42.8g	9.3g	–

Allergen Info: Nuts, Sesame, Soya, Wheat