



Vietnamese Chicken Salad

Ingredients (serves 4)

1 Tbls finely chopped green chillies
 1 Tbls rice vinegar
 2 Tbls fresh lime juice
 1.5 Tbls Thai fish sauce
 3 cloves garlic, finely chopped
 1 Tbls caster sugar
 1 Tbls toasted sesame oil
 2 Tbls olive oil
 1 Tsp black pepper

4 x 125g steamed, skinless & boneless chicken breast fillets, cooled & shredded
 300g Chinese cabbage, cored and thinly sliced
 2 medium carrots, cut into matchsticks
 1 large red onion, finely chopped
 2 medium yellow peppers, seeded & sliced
 45g finely chopped raw peanuts
 15g chopped fresh coriander

Method

1. Stir together the chopped green chillies, rice vinegar, lime juice, fish sauce, garlic, sugar, sesame oil, vegetable oil and black pepper until the mixture is thoroughly combined and the sugar is dissolved.
2. Place the chicken, cabbage, carrot, peppers, onion, peanuts and coriander in a bowl and toss thoroughly together.
3. Pour the dressing over the salad and toss again.
4. Serve immediately.

Key Nutrients

Nutrient	Per 100g	% RNI	Per 432g Serving	% RNI	
Energy kJ	414	4%	1786	21%	
Energy kcal	99	4%	428	21%	
Fat	4.1g	5%	17.6g	25%	Med
Saturates	0.7g	3%	3.0g	15%	Low
Total Sugars	1.1g	4%	16.7g	18%	Low
Salt	0.30g	5%	1.20g	20%	Low
Protein	10.1g	-	43.5g	-	-

Reference Intake of an Average Adult (8400kJ/2000kcal)

Allergen Info: Fish, Crustaceans, Sesame, Peanuts