



Crunchy chicken salad



Gluten Free



Dairy Free

READY IN



40 min.

SERVINGS



4

CALORIES



191 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 tbsp thai fish sauce (nuoc mam) (nam pla)
- ☐ 2 chicken breasts boneless skinless
- ☐ 4 tbsp juice of lime
- ☐ 1 tbsp sugar to taste
- ☐ 0.5 tsp coarsely ground pepper black
- ☐ 1 small chilli red seeded finely chopped
- ☐ 200 g cabbage shredded white finely
- ☐ 2 medium carrots shredded finely

- ☐ 1 small onion finely sliced
- ☐ 2 tbsp mint leaves fresh roughly chopped
- ☐ 2 tbsp coriander leaves roughly chopped
- ☐ 3 garlic cloves peeled
- ☐ 3 plump chillies fresh red halved seeded
- ☐ 1 tbsp caster sugar
- ☐ 3 tbsp thai fish sauce (nuoc mam) (nam pla)
- ☐ 3 tbsp rice vinegar
- ☐ 1 small bunch mint leaves fresh
- ☐ 2 tbsp peanut salted very finely chopped

Equipment

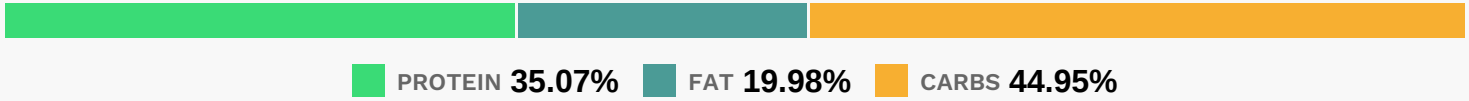
- ☐ bowl
- ☐ frying pan
- ☐ wok
- ☐ mortar and pestle

Directions

- ☐ Half fill a medium wok or deep frying pan with water, sprinkle in half of the fish sauce and bring to the boil. Turn down the heat to a simmer, lower the chicken into the water and cover the pan with a lid. Simmer for 10 minutes until the chicken is cooked through. Lift the chicken out of the water and leave until cool enough to handle.
- ☐ Meanwhile, mix the remaining fish sauce in a large bowl with the lime juice, sugar, pepper and chopped chilli. Tip in the cabbage, carrots and onion.
- ☐ Mix well.
- ☐ Shred the chicken and toss it into the salad with the herbs.
- ☐ Mix again, cover and leave to marinate in the fridge for at least 2 hours (overnight is ideal).
- ☐ To make the nuoc cham sauce, pound the garlic, chillies and caster sugar to a paste using a pestle and mortar.
- ☐ Mix in the fish sauce, vinegar and 6 tbsp water. (It will keep for up to 4 days in the fridge.)

- ☐
- To serve, toss the salad, taste and add more sugar, if you like. Scatter mint leaves on each plates, pile the salad on top and sprinkle with peanuts.
- ☐
- Serve with individual bowls of nuoc cham sauce to pour over.

Nutrition Facts



Properties

Glycemic Index:118.57, Glycemic Load:8.01, Inflammation Score:-10, Nutrition Score:26.015217506367%

Flavonoids

Eriodictyol: 0.89mg, Eriodictyol: 0.89mg, Eriodictyol: 0.89mg, Eriodictyol: 0.89mg Hesperetin: 1.53mg, Hesperetin: 1.53mg, Hesperetin: 1.53mg, Hesperetin: 1.53mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Apigenin: 0.14mg, Apigenin: 0.14mg, Apigenin: 0.14mg, Apigenin: 0.14mg Luteolin: 0.31mg, Luteolin: 0.31mg, Luteolin: 0.31mg, Luteolin: 0.31mg Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 3.87mg, Quercetin: 3.87mg, Quercetin: 3.87mg, Quercetin: 3.87mg

Nutrients (% of daily need)

Calories: 190.55kcal (9.53%), Fat: 4.39g (6.76%), Saturated Fat: 0.77g (4.8%), Carbohydrates: 22.24g (7.41%), Net Carbohydrates: 18.28g (6.65%), Sugar: 13.65g (15.17%), Cholesterol: 36.16mg (12.05%), Sodium: 2577.66mg (112.07%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 17.35g (34.7%), Vitamin C: 97.77mg (118.51%), Vitamin A: 5731.99IU (114.64%), Vitamin K: 61.28µg (58.36%), Vitamin B6: 0.96mg (48.01%), Vitamin B3: 8.58mg (42.9%), Selenium: 22.5µg (32.15%), Manganese: 0.6mg (30.06%), Magnesium: 110.96mg (27.74%), Potassium: 770.69mg (22.02%), Phosphorus: 200.38mg (20.04%), Folate: 77.42µg (19.36%), Fiber: 3.96g (15.84%), Vitamin B5: 1.27mg (12.73%), Vitamin B1: 0.19mg (12.4%), Iron: 2.03mg (11.29%), Vitamin B2: 0.19mg (11%), Copper: 0.2mg (10.06%), Calcium: 85.66mg (8.57%), Zinc: 0.91mg (6.08%), Vitamin E: 0.74mg (4.96%), Vitamin B12: 0.26µg (4.4%)