



Saigon Chicken Salad



Gluten Free



Dairy Free

READY IN



255 min.

SERVINGS



6

CALORIES



317 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 cup coarsely carrot grated
- ☐ 1 cup celery leaves
- ☐ 6 servings coarse kosher salt
- ☐ 1 cup coarsely persian cucumbers grated seeded (3)
- ☐ 1 cup coarsely daikon white red grated trimmed peeled (Japanese radish)
- ☐ 5 tablespoons fish sauce (such as nam pla or nuoc nam)
- ☐ 1 cup cilantro leaves fresh chopped (including stems)
- ☐ 1 cup cilantro leaves fresh

- ☐ 2 large garlic cloves pressed
- ☐ 0.3 cup brown sugar light packed ()
- ☐ 10 ounces green beans chinese trimmed
- ☐ 1 cup cabbage green very thinly sliced
- ☐ 3 green onions thinly sliced
- ☐ 1 teaspoon kaffir lime leaves generous minced
- ☐ 5 tablespoons juice of lemon fresh
- ☐ 2 tablespoons long bottom serving of lemongrass stalk finely chopped
- ☐ 0.3 cup juice of lime fresh
- ☐ 0.5 cup olive oil
- ☐ 8 ounces plum tomatoes halved lengthwise cut into long thin strips
- ☐ 0.5 cup roasted peanuts salted split
- ☐ 2 teaspoons serrano chiles with seeds minced
- ☐ 1.3 pounds chicken breast halves boneless skinless (4 to 5)

Equipment

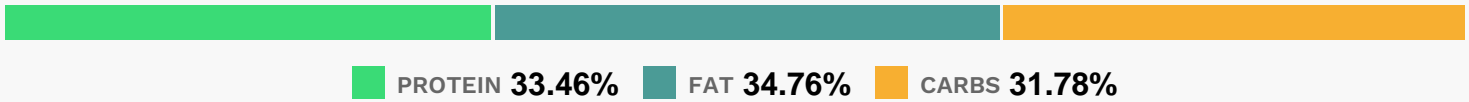
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ whisk
- ☐ glass baking pan

Directions

- ☐ Whisk cilantro, lemon juice, lemongrass, and kaffir lime leaves in small bowl to blend. Gradually whisk in oil. Season marinade to taste with coarse salt and freshly ground black pepper. Arrange chicken in single layer in 8 x 8 x 2- inch glass baking dish.
- ☐ Pour marinade over; turn chicken to coat evenly. Cover and chill 3 hours. DO AHEAD: Can be made 1 day ahead. Keep chilled.
- ☐ Heat heavy large skillet over medium-high heat.

- ☐ Add chicken (with some marinade still clinging to surface) to skillet. Sauté until cooked through, 5 to 6 minutes per side.
- ☐ Turn off heat; let chicken rest in skillet 15 minutes.
- ☐ Transfer chicken to work surface.
- ☐ Cut chicken in half horizontally, then crosswise into thin strips.
- ☐ Combine fish sauce, palm sugar, lime juice, chiles, and garlic in small bowl.
- ☐ Whisk until sugar dissolves. Season dressing to taste with salt and pepper.D0 AHEAD: Can be made 3 hours ahead. Cover and let stand at room temperature; whisk before using.
- ☐ Cook beans in saucepan of boiling salted water until crisp-tender, about 3 minutes.
- ☐ Drain; cool.
- ☐ Place beans in large bowl.
- ☐ Add tomatoes, daikon, cucumbers, cabbage, carrot, celery leaves, cilantro leaves, green onions, and most of peanuts.
- ☐ Add chicken and dressing; toss to blend. Season to taste with salt and pepper. Mound salad on large rimmed platter.
- ☐ Sprinkle with remaining peanuts and serve.

Nutrition Facts



Properties

Glycemic Index:55.64, Glycemic Load:1.81, Inflammation Score:-10, Nutrition Score:27.83652186912%

Flavonoids

Eriodictyol: 0.83mg, Eriodictyol: 0.83mg, Eriodictyol: 0.83mg, Eriodictyol: 0.83mg Hesperetin: 2.71mg, Hesperetin: 2.71mg, Hesperetin: 2.71mg Naringenin: 0.47mg, Naringenin: 0.47mg, Naringenin: 0.47mg, Naringenin: 0.47mg Apigenin: 1.15mg, Apigenin: 1.15mg, Apigenin: 1.15mg, Apigenin: 1.15mg Luteolin: 0.5mg, Luteolin: 0.5mg, Luteolin: 0.5mg Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 4.13mg, Quercetin: 4.13mg, Quercetin: 4.13mg, Quercetin: 4.13mg

Nutrients (% of daily need)

Calories: 317.03kcal (15.85%), Fat: 12.59g (19.38%), Saturated Fat: 2.06g (12.88%), Carbohydrates: 25.91g (8.64%), Net Carbohydrates: 21.96g (7.99%), Sugar: 13.84g (15.38%), Cholesterol: 60.48mg (20.16%), Sodium: 1596.95mg

(69.43%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 27.28g (54.55%), Vitamin A: 4954.05IU (99.08%), Vitamin B3: 13.01mg (65.05%), Vitamin K: 59.34µg (56.52%), Vitamin B6: 0.98mg (48.76%), Selenium: 33.97µg (48.53%), Vitamin C: 38.07mg (46.14%), Manganese: 0.74mg (36.8%), Phosphorus: 323.63mg (32.36%), Potassium: 1054.28mg (30.12%), Magnesium: 116.63mg (29.16%), Folate: 105.69µg (26.42%), Vitamin B5: 1.94mg (19.37%), Fiber: 3.95g (15.8%), Vitamin B1: 0.22mg (14.76%), Vitamin B2: 0.24mg (14.25%), Copper: 0.26mg (12.82%), Calcium: 107.33mg (10.73%), Iron: 1.84mg (10.22%), Vitamin E: 1.39mg (9.24%), Zinc: 1.37mg (9.13%), Vitamin B12: 0.26µg (4.35%)