

Steamed Chicken Salad with Sesame Sauce



Ingredients

10 oz strips. boneless with skin
O.3 cup chicken cooked (and water if necessary)
2 teaspoons chili paste depending on your taste pref
2 small cucumber
2 teaspoons garlic finely chopped
1 small piece ginger crushed
2 teaspoons ginger finely chopped
2 tablespoons spring onion shredded finely

	2 tablespoons tahini
	0.5 tablespoon rice vinegar
	1 tablespoon rice wine
	4 servings salt and pepper
	1 teaspoon sesame oil
	4 tablespoons tahini
	2 tablespoons soya sauce
	2 tablespoons caster sugar
Eq	uipment
	bowl
	microwave
	skewers
	mortar and pestle
	cutting board
Di	rections
	Finely chop the green onion diagonally, reserving the green part for use during cooking the chicken. Soak in cold water for a few minutes to remove the bitterness of the onion, then drain and put aside to use later.
	On a chopping board, sprinkle the cucumbers with a few pinches of salt, rubbing it into the flesh, then rinse. This lessens the aroma of the cucumber and gives it a good green color. Hit the cucumbers with a pestle (if you don't have a pestle, use a bottle) and break it apart with your hands, to make uneven pieces.
	Pierce the chicken pieces with a skewer and place in a microwave-safe bowl.
	Add the salt, pepper, and oil and then place the green part of the green onion and the crushed ginger on top. Cover and microwave on medium for 4 minutes, or until cooked. Leave to cool. Keep the juice from the chicken to use in the sesame sauce.
	Shred the chicken with your hands and place in a serving dish.
	Mix in the cucumber and put the chopped green onion on top.

	Mix all the ingredients for the sesame sauce in a small bowl and pour over the chicken and
	cucumber.
	Gomadare — meaning "dressed with sesame sauce" — can be made either with ready-made
	sesame paste or, more traditionally, by grinding toasted sesame seeds to a rough paste in a
	suribachi (pestle and mortar). Tahini, a Greek-style sesame paste is a reasonable and easily
	available substitute, but as it is not made from toasted sesame there is a slight difference in
	flavor. Unsweetened peanut butter is another possible substitute.

Nutrition Facts



Properties

Glycemic Index:60.52, Glycemic Load:4.68, Inflammation Score:-4, Nutrition Score:12.90260871597%

Flavonoids

Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Quercetin: 0.35mg, Quercetin: 0.35mg, Quercetin: 0.35mg, Quercetin: 0.35mg

Nutrients (% of daily need)

Calories: 355.9kcal (17.8%), Fat: 25.41g (39.09%), Saturated Fat: 5.15g (32.2%), Carbohydrates: 15.31g (5.1%), Net Carbohydrates: 13.45g (4.89%), Sugar: 7.59g (8.43%), Cholesterol: 72mg (24%), Sodium: 764.7mg (33.25%), Alcohol: 0.6g (100%), Alcohol %: 0.37% (100%), Protein: 17.75g (35.5%), Phosphorus: 328.95mg (32.89%), Selenium: 22.01µg (31.44%), Vitamin B1: 0.45mg (29.97%), Vitamin B3: 5.26mg (26.31%), Copper: 0.49mg (24.29%), Vitamin B6: 0.38mg (18.79%), Zinc: 2.19mg (14.58%), Vitamin K: 13.63µg (12.98%), Magnesium: 51.31mg (12.83%), Potassium: 417.59mg (11.93%), Iron: 2mg (11.13%), Vitamin B5: 0.99mg (9.91%), Folate: 39.58µg (9.89%), Vitamin B2: 0.17mg (9.76%), Vitamin B12: 0.46µg (7.74%), Manganese: 0.15mg (7.63%), Fiber: 1.86g (7.44%), Vitamin C: 5.1mg (6.18%), Calcium: 56.93mg (5.69%), Vitamin A: 167IU (3.34%), Vitamin E: 0.23mg (1.52%)