



WHATSheATE



Steamed Chicken Salad with Sesame Sauce



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



356 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 10 oz strips. boneless with skin
- ☐ 0.3 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

Equipment

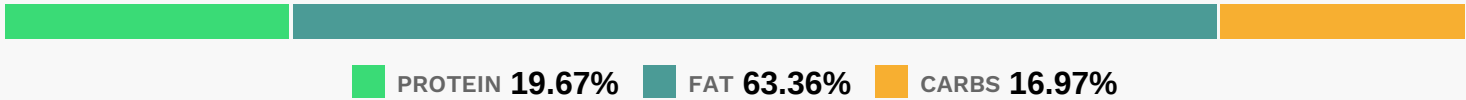
- ☐ bowl
- ☐ microwave
- ☐ skewers
- ☐ mortar and pestle
- ☐ cutting board

Directions

- ☐ 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, 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%)