



## Thai Chicken and Glass Noodle Salad with Spicy Dressing

 Dairy Free

READY IN



160 min.

SERVINGS



6

CALORIES



710 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- 1 bay leaf
- 1 cup bean sprouts
- 0.3 cup brown sugar
- 1 carrots
- 1 teaspoon chili flakes
- 1 cucumber english cubed seeded
- 1 tablespoon fish sauce

- 3 tablespoons fish sauce
- 0.3 cup cilantro leaves fresh
- 0.3 cup mint leaves fresh
- 1 clove garlic minced
- 1 teaspoon garlic minced
- 2 cloves garlic crushed
- 3 cloves garlic minced
- 3 tablespoons ginger minced
- 0.5 jicama\*
- 1 tablespoon kosher salt
- 1 tablespoon juice of lemon
- 0.3 cup juice of lime
- 1 mangos cubed
- 0.5 cup mirin
- 10.5 ounces noodles
- 1 medium onion chopped
- 1 tablespoon oyster sauce
- 0.5 papaya\* green
- 0.3 cup peanuts
- 0.5 bell pepper red chopped
- 18 ounces chicken breasts boneless skinless
- 1 cup soya sauce
- 1 cup sugar
- 2 tablespoons thai basil\* leaves fresh
- 0.3 cup vegetable oil
- 2 cups water
- 4 cups water hot boiling
- 6 servings water cold
- 1 tablespoon sambal

- 1 teaspoon sambal
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## Equipment

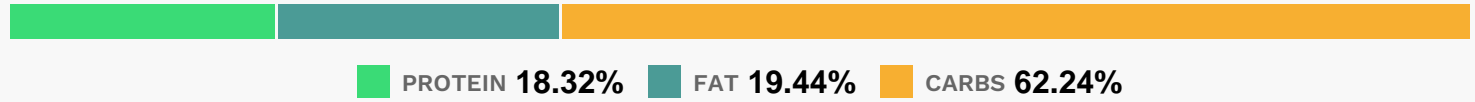
- food processor
- bowl
- pot
- blender
- kitchen scissors

## Directions

- Special equipment: a blender or food processor
- Combine the soy sauce, mirin, brown sugar, ginger, garlic and sambal in a bowl and stir until the sugar has dissolved.
- Remove the chicken meat from the bone and cut or tear into bite size pieces. Toss the chicken meat with the marinade and refrigerate until needed. To make the salad: Soak the glass noodles in the hot water for 5 minutes, stirring gently to separate and loosen the noodles. Strain the softened noodles and toss with the Basic Sauce. Using a pair of scissors, snip the noodles into shorter lengths.
- Remove the chicken from the marinade and toss with the glass noodles. Toss the jicama, carrot, green papaya, mango, cucumber, cilantro, and basil with some of the Spicy Dressing.
- Mix the dressed vegetables with the noodles. Mound onto a plate and sprinkle with bean sprouts, mint, and peanuts.
- Drizzle with some more of the Spicy Dressing.
- In a large pot combine the onion, garlic, bay leaf, salt, and water. (Use just enough water to be able to completely cover the chicken once they have been added to the pot). Bring to a boil over high heat.
- Add the chicken breasts and reduce the heat to medium. Simmer for about 15 to 20 minutes.
- Remove chicken from water and cool completely.

- Combine the sugar and water in a medium-sized pot and boil for 5 minutes to make a simple syrup. In a blender puree the sambal, garlic, red pepper, fish sauce, salt, and lemon juice.
- Add the puree to the pot with the simple syrup. Simmer for 25 minutes until the sauce has thickened to the consistency of corn syrup. Store Basic Sauce in a tightly sealed container in the refrigerator for up to 1 month. .

## Nutrition Facts



### Properties

Glycemic Index:101.61, Glycemic Load:43.8, Inflammation Score:-10, Nutrition Score:32.805217258308%

### Flavonoids

Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Catechin: 0.59mg, Catechin: 0.59mg, Catechin: 0.59mg, Catechin: 0.59mg Eriodictyol: 0.92mg, Eriodictyol: 0.92mg, Eriodictyol: 0.92mg, Eriodictyol: 0.92mg Hesperetin: 1.46mg, Hesperetin: 1.46mg, Hesperetin: 1.46mg, Hesperetin: 1.46mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Apigenin: 0.11mg, Apigenin: 0.11mg, Apigenin: 0.11mg, Apigenin: 0.11mg Luteolin: 0.32mg, Luteolin: 0.32mg, Luteolin: 0.32mg, Luteolin: 0.32mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 4.29mg, Quercetin: 4.29mg, Quercetin: 4.29mg, Quercetin: 4.29mg

### Nutrients (% of daily need)

Calories: 709.93kcal (35.5%), Fat: 15.74g (24.22%), Saturated Fat: 2.61g (16.3%), Carbohydrates: 113.4g (37.8%), Net Carbohydrates: 105.39g (38.32%), Sugar: 60.49g (67.21%), Cholesterol: 54.43mg (18.14%), Sodium: 4648.96mg (202.13%), Alcohol: 1.97g (100%), Alcohol %: 0.25% (100%), Protein: 33.37g (66.74%), Selenium: 62.57µg (89.39%), Vitamin C: 64.67mg (78.38%), Vitamin B3: 13.52mg (67.61%), Vitamin A: 2983.06IU (59.66%), Manganese: 1.16mg (57.77%), Vitamin B6: 1.1mg (54.87%), Phosphorus: 409.4mg (40.94%), Vitamin K: 40.33µg (38.41%), Magnesium: 137.71mg (34.43%), Fiber: 8.02g (32.06%), Potassium: 1033.45mg (29.53%), Copper: 0.54mg (27.02%), Folate: 100.53µg (25.13%), Vitamin B5: 2.23mg (22.31%), Iron: 3.45mg (19.18%), Vitamin B2: 0.31mg (18.15%), Vitamin B1: 0.25mg (16.92%), Zinc: 2.07mg (13.79%), Vitamin E: 2.05mg (13.63%), Calcium: 107.68mg (10.77%), Vitamin B12: 0.24µg (4%)