



Thai minced chicken salad



Gluten Free



Dairy Free



Popular

READY IN



50 min.

SERVINGS



4

CALORIES



381 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 lemongrass
- ☐ 4 lime leaves
- ☐ 2 chillies red deseeded
- ☐ 3 garlic cloves
- ☐ 1 piece fingertip-length root ginger fresh
- ☐ 4 chicken breasts skinless
- ☐ 1 tbsp vegetable oil
- ☐ 1 tbsp sesame oil

- ☐ 1 tsp chilli powder
- ☐ 50 ml fish sauce
- ☐ 1 onion red chopped
- ☐ 3 tbsp juice of lime
- ☐ 1 handful mint leaves roughly chopped
- ☐ 3 baby gem lettuces separated
- ☐ 1 cucumber seeds removed and cut into strips lengthways
- ☐ 200 g beansprouts
- ☐ 4 servings lime wedges

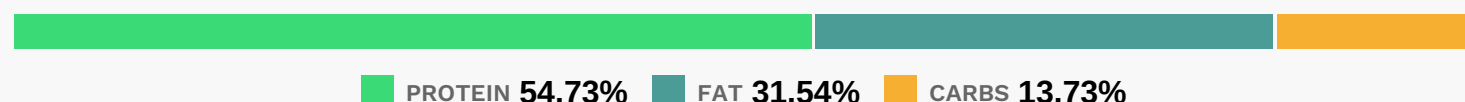
Equipment

- ☐ wok

Directions

- ☐ Roughly chop the lemongrass, lime leaves, red chillies, garlic and ginger, then throw them all into a processor and blitz until everything is very finely chopped together. Mince the chicken breasts into tiny pieces.
- ☐ Heat a wok over a high heat and add the vegetable oil and the sesame oil. Throw in the lemongrass mixture and fry briefly before adding the minced chicken and the chilli powder. Stir-fry the chicken for 4 mins then splash in the fish sauce. Turn down the heat a little and allow the chicken and fish sauce to bubble together for another 4 mins, stirring, then add the chopped red onion and cook for another min.
- ☐ Remove from the heat, pour over the lime juice and toss in the herbs.
- ☐ Serve with the salad veg and a lime wedge on the side.

Nutrition Facts



Properties

Glycemic Index:52.08, Glycemic Load:1.78, Inflammation Score:-8, Nutrition Score:31.148695562197%

Flavonoids

Eriodictyol: 0.56mg, Eriodictyol: 0.56mg, Eriodictyol: 0.56mg, Eriodictyol: 0.56mg Hesperetin: 1.54mg, Hesperetin: 1.54mg, Hesperetin: 1.54mg, Hesperetin: 1.54mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.35mg, Kaempferol: 0.35mg, Kaempferol: 0.35mg, Kaempferol: 0.35mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 5.76mg, Quercetin: 5.76mg, Quercetin: 5.76mg, Quercetin: 5.76mg

Nutrients (% of daily need)

Calories: 380.82kcal (19.04%), Fat: 13.25g (20.39%), Saturated Fat: 2.38g (14.88%), Carbohydrates: 12.98g (4.33%), Net Carbohydrates: 10.24g (3.72%), Sugar: 6.26g (6.95%), Cholesterol: 144.64mg (48.21%), Sodium: 1244.43mg (54.11%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 51.74g (103.48%), Vitamin B3: 24.75mg (123.77%), Selenium: 74.58µg (106.54%), Vitamin B6: 2.02mg (101.22%), Vitamin C: 51.28mg (62.16%), Phosphorus: 547.74mg (54.77%), Vitamin B5: 3.73mg (37.28%), Potassium: 1229.83mg (35.14%), Vitamin K: 33.35µg (31.77%), Magnesium: 113.46mg (28.37%), Manganese: 0.49mg (24.47%), Vitamin B2: 0.36mg (21.11%), Folate: 71.85µg (17.96%), Vitamin B1: 0.25mg (16.96%), Copper: 0.27mg (13.73%), Zinc: 1.92mg (12.8%), Iron: 2.29mg (12.72%), Vitamin A: 603.35IU (12.07%), Fiber: 2.74g (10.97%), Vitamin E: 1.28mg (8.54%), Vitamin B12: 0.51µg (8.51%), Calcium: 55.77mg (5.58%), Vitamin D: 0.23µg (1.51%)