



Thai shredded chicken & runner bean salad



Gluten Free



Dairy Free

READY IN



35 min.

SERVINGS



4

CALORIES



374 kcal

SIDE DISH

Ingredients

- ☐ 200 g romano beans or any other green bean), topped and tailed
- ☐ 1 thai chile red halved finely sliced
- ☐ 2 shallots finely sliced
- ☐ 1 lemon grass finely sliced
- ☐ 1 piece ginger shredded
- ☐ 2 chicken breast strips/pre-cooked/chopped skinless cooked
- ☐ 1 small bunch mint leaves
- ☐ 1 large bunch thai basil

- ☐ 1 lime cut in wedges or cheeks, to serve
- ☐ 4 servings jasmine rice steamed
- ☐ 100 ml full fat coconut cream
- ☐ 1 garlic clove crushed
- ☐ 3 tbsp fish sauce
- ☐ 1 tsp sugar
- ☐ 1 juice of lime
- ☐ 1 thai chile diced finely

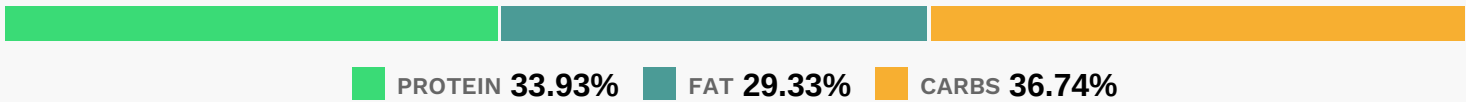
Equipment

- ☐ bowl
- ☐ peeler

Directions

- ☐ Run a potato peeler down either side of the beans to remove any stringy bits.
- ☐ Cut into strips using a bean slicer, or on the diagonal into 2cm pieces. Cook the beans in simmering salted water for 4 mins or until tender but still bright green.
- ☐ Drain and put in a bowl with the chilli, shallots, lemongrass and ginger. Pull the chicken breasts into shreds using your fingers and add to the bowl.
- ☐ Make the dressing.
- ☐ Mix the coconut with the garlic, fish sauce, sugar, lime and chilli. Tear the mint and Thai basil over the chicken and toss everything together. Pile onto a plate and pour over the dressing.
- ☐ Serve with the lime to squeeze over and jasmine rice.

Nutrition Facts



Properties

Glycemic Index:100.52, Glycemic Load:26.68, Inflammation Score:-7, Nutrition Score:19.616086775842%

Flavonoids

Eriodictyol: 0.47mg, Eriodictyol: 0.47mg, Eriodictyol: 0.47mg, Eriodictyol: 0.47mg Hesperetin: 7.98mg, Hesperetin: 7.98mg, Hesperetin: 7.98mg, Hesperetin: 7.98mg Naringenin: 0.6mg, Naringenin: 0.6mg, Naringenin: 0.6mg, Naringenin: 0.6mg Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 1.7mg, Quercetin: 1.7mg, Quercetin: 1.7mg, Quercetin: 1.7mg

Nutrients (% of daily need)

Calories: 373.97kcal (18.7%), Fat: 12.3g (18.92%), Saturated Fat: 8.77g (54.81%), Carbohydrates: 34.67g (11.56%), Net Carbohydrates: 31.36g (11.41%), Sugar: 4.72g (5.25%), Cholesterol: 73.1mg (24.37%), Sodium: 1131.11mg (49.18%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 32.01g (64.03%), Vitamin B3: 13.16mg (65.82%), Manganese: 1.02mg (50.85%), Selenium: 31.56µg (45.09%), Vitamin B6: 0.8mg (40.01%), Phosphorus: 298.04mg (29.8%), Vitamin K: 30.53µg (29.08%), Vitamin C: 19.67mg (23.84%), Magnesium: 86.02mg (21.51%), Potassium: 578.24mg (16.52%), Iron: 2.77mg (15.37%), Vitamin B5: 1.43mg (14.32%), Copper: 0.28mg (14.04%), Fiber: 3.31g (13.23%), Zinc: 1.79mg (11.91%), Folate: 45.37µg (11.34%), Vitamin A: 543.11IU (10.86%), Vitamin B2: 0.18mg (10.81%), Vitamin B1: 0.15mg (9.75%), Calcium: 67.8mg (6.78%), Vitamin B12: 0.36µg (5.95%), Vitamin E: 0.56mg (3.72%)