

CHINESE CHICKEN SALAD

Serving Size: 6

INGREDIENTS:

- snow peas trimmed 1/2 lb
- Napa cabbage 1 head
- romaine lettuce 1 head
- chicken breast (cooked) 6
- scallions 1 bunch
- carrots 2
- red bell pepper 1
- fresh chopped cilantro 1/2 cup
- sliced, toasted almonds 1/2 cup
- toasted sesame seeds 2 tbsp

VINAIGRETTE:

- soy sauce 1/4 cup
- fresh lemon juice 1/4 cup
- sugar 2 tbsp
- vinegar 1 tbsp
- salt 1 tsp
- black pepper 1/2 tsp
- Asian sesame oil 1 tbsp
- olive oil 1/4 cup

EQUIPMENT:

- tomatoes 2 lbs
- basil 1/4 lb
- onion 1
- garlic 2 cloves
- chicken stock 1 L
- salt
- pepper
- oregano



METHOD:

1. Cook snow peas until crisp-tender and cut diagonally into 1 inch wide pieces and put in a large bowl
2. Wash and dry approx. 12 cabbage leaves and cut into thin strips and add to bowl
3. Cut romaine lettuce into thin strips (same size as cabbage) and place in bowl
4. Cut red pepper into same size small strips and also add to bowl
5. Using clean hands shred chicken into small pieces to add to salad
6. Chop cilantro and scallions and add to bowl
7. In small pan toast the almonds until golden brown and add into salad
8. Whisk together soya sauce, lemon juice, sugar, vinegar, salt, and pepper in a small bowl then add olive oil and sesame oil in a slow stream whisking until the sugar is dissolved and the dressing is well mixed
9. Pour dressing over salad and mix well until all evenly coated

ENJOY 😊