

ZINGY THAI CHICKEN SALAD

Serves: 8 - 10

Preparation time: 10 minutes



INGREDIENTS

500 grams/ 1lb of cooked chicken, shredded or cut into small cubes

1 Chinese leaf cabbage

1 and half cups of carrots, julienned (thin sticks)

Large handful of coriander, chopped

Half a cup of green onions, chopped

Half a cup of unsalted peanuts, chopped

2 large garlic cloves,

peeled and finely chopped

2 small red chillies, chopped finely (optional if you don't like chillies)

2 tbsp of low salt soy sauce

1 tbsp brown sugar

2 tbsp lime juice, freshly squeezed

1 tbsp peanut oil

(if not available, use sesame oil)

Thinly sliced flesh from one mango or papaya

Lettuce leaves to garnish the plate



EQUIPMENT

Mixing spoon

Salad knife

Cutting board

Platter (for serving)



METHOD

1. Prepare all your salad vegetables using your chopping board, and the dressing separately. The best way to shred the cabbage is by rolling up each leaf and finely slicing downwards.
2. Peel the carrots and slice them julienne.
3. Dice the salad onions, chop the chilli finely, followed by the coriander.
4. Chop the peanuts and place in a separate bowl.
5. Put all salad vegetables into a large bowl and set aside.
6. Take the mango or papaya, and slice as thinly as you can, removing the skin.
7. For the salad dressing, combine the peanut or sesame oil, the chillies, the soy and the chopped garlic together. Slice your limes and squeeze all of the juice into the mixture, along with the brown sugar. Adjust and season to taste. Stir thoroughly and quickly, trying to get the sugar mixed in well.
8. Pour the dressing over the salad and mix well.
9. Add the chicken and mix thoroughly.
10. Prepare your serving platter by surrounding the outside with lettuce leaves.
11. Pour the chicken salad into the centre of the platter; add the mango/papaya to the top, followed by the chopped peanuts.

