

## Health and Wellbeing Program

### Asian Chicken Salad

#### Ingredients:

400g skinless chicken breasts, fat trimmed

Freshly ground or cracked black pepper

2 cloves garlic, peeled and halved

4 coriander stalks, including roots and leaves

100g rice stick or vermicelli noodles

3 cups Chinese cabbage (Wombok), finely shredded

2 carrots, cut into matchsticks

4 spring onions, (including green tops), ends  
Trimmed, thinly sliced diagonally

3 cups bean sprouts

½ cup mint leaves, loosely packed, roughly torn

2 tbsp. lime juice

2 tbsp. sweet chilli sauce

2 tsp fish sauce

1 tbsp. water

40g unsalted peanuts, roughly chopped



#### Method:

1. Place both chicken breasts in a medium saucepan with enough water to just cover. Season with black pepper. Add garlic, coriander roots and stems, reserving leaves.
2. Place over high heat and bring to the boil. Reduce heat and simmer with lid on for 2 minutes. Switch off heat, cover and leave chicken to rest in the liquid stock while preparing salad.
3. Place the noodles in a large heatproof bowl and cover with boiling water. Set aside for 5 minutes to soften. Drain well.
4. Add cabbage, carrot, spring onions, bean sprouts and coriander leaves to noodles. Roughly chop mint leaves and add to salad ingredients.
5. Remove chicken and garlic from liquid stock and set aside to cool slightly.
6. To make dressing, mash cooked garlic in a cup and combine with lime juice, sweet chilli sauce, fish sauce and water.
7. Coarsely shred or thinly slice the chicken then add to the salad with dressing and combine. Serve immediately, topped with peanuts.