

Chicken Vietnamese Salad

This is a great spring salad to get up and go. It moves the energy up and strengthens the body after the cold months of winter. Raw Chinese cabbage is balancing to the pungent herbs and you will feel cleansed and light after.

600 g chicken breast

For the Salad;

1 Chinese cabbage; finely shredded

2 cups baby spinach

1 cucumber, thinly sliced

Bean sprouts

1 packet of Chang's Gluten free fried rice noodles

1 purple onion, thinly sliced

1 bunch of mint

1 bunch of coriander

1 finely chopped red chilli

100g slivered or shaved almonds

100g pine nuts

Chopped red chilli and shallots to garnish

For the marinade and dressing;

60ml fish sauce, 60ml water, 20ml, 2 tablespoons honey, minced garlic, chopped red chilli to taste

1 Marinate diced chicken in half the dressing and let sit for at least 30 min

2 Combine salad ingredients together

3 Fry up chicken

4 Roast or panfry the nuts

5 Serve up all together for a recipe all your friends will be asking for!!!

Serves 4 or more

Optional: Tofu and or chicken together is also great

Recipe by Eeka Berghofer