



Thai Chicken Noodle Salad

Poached chicken breast, shredded and tossed through an oriental slaw with noodles, green apple and lime dressing.



25 minutes



2 servings



Chicken

FROM YOUR BOX

RICE NOODLES	1 packet
CHICKEN BREAST FILLET	300g
GARLIC CLOVE	1
LIME	1
MINT	1 packet
GREEN APPLE	1
ORIENTAL SLAW	1 bag

FROM YOUR PANTRY

sesame oil,, fish sauce, sweet chilli sauce

NOTES

You can add sliced spring onions, capsicum, radish or cherry tomatoes for extra flavour and bulk in this salad.

Serve any leftovers wrapped in fresh rice paper rolls.

1. COOK THE NOODLES

Bring a saucepan of water to a boil. Add **noodles** and cook according to packet instructions or until tender. Drain and rinse well with cold water to stop the cooking process.

2. POACH THE CHICKEN

Add **chicken breast** to a pan and cover with **water**. Stir in **1 tbsp fish sauce** and bring to a boil. Cover, reduce and simmer for 15 minutes or until cooked through. Remove from poaching liquid and leave to cool before shredding.



You could pan-fry or roast the chicken if preferred. If you don't have fish sauce you can use soy sauce instead.

3. PREPARE THE DRESSING

Combine crushed **garlic** with **lime zest and juice**, **3 tbsp sweet chilli sauce**, **2 tbsp fish sauce**, **2 tbsp sesame oil** and **2 tbsp water**. Set aside.



If you don't have sweet chilli sauce you could use dried chilli flakes and sugar of choice to add heat and sweetness to the dressing. Use soy sauce instead of fish sauce if preferred.

4. FINISH AND SERVE

Pick **mint leaves** and slice **apple**. Toss all together with **noodles**, **shredded chicken**, **oriental slaw** and **dressing**. Serve at the table.



You can add cherry tomatoes, sliced capsicum, cucumber, spring onions or coriander if you have some. Garnish with chopped peanuts, sesame seeds or fried shallots!

This recipe has simplified instructions to help lower your meal cost.