



# Thai Chicken Salad

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



25 minutes



4 servings



Chicken

## FROM YOUR BOX

|                        |          |
|------------------------|----------|
| CHICKEN BREAST FILLETS | 600g     |
| GARLIC CLOVE           | 1        |
| LIME                   | 1        |
| MINT                   | 1 packet |
| GREEN APPLE            | 1        |
| ORIENTAL SLAW          | 1 bag    |

## FROM YOUR PANTRY

oil for cooking, fish sauce, sweet chilli sauce

## NOTES

You can bulk this salad up with some rice noodles or brown rice tossed through. Adjust the dressing as needed.

## 1. POACH THE CHICKEN

Add chicken to a saucepan 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.

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

## 2. PREPARE THE DRESSING

Combine crushed garlic with 1/2 lime zest and juice, **2 tbsp sweet chilli sauce, 1 tbsp fish sauce and 3 tbsp water**. Set aside.

**TIP** *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.*  
*If you prefer a creamy dressing, combine sweet chilli sauce with mayonnaise, lime juice and water to reach a drizzle consistency.*

## 3. FINISH AND SERVE

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

**TIP** *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.**