

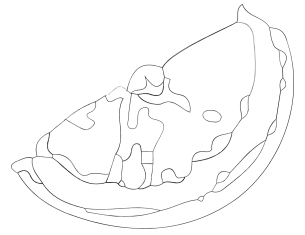
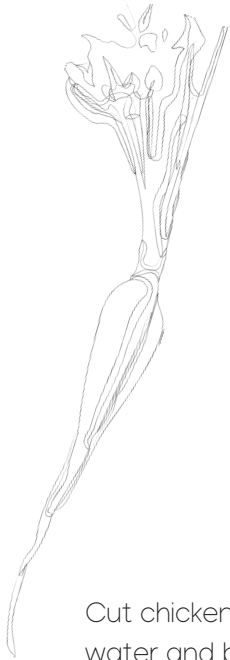


Vietnamese Salad with Poached Chicken

5-8 portions | gf, wf, df

Ingredients:

- 500g skinless chicken breast
- 2 tsp fresh ginger, finely sliced
- 1 reduced salt stock cube
- 100g dried vermicelli
- 1 red capsicum
- 2 carrots, peeled
- 1/2 small red cabbage
- 3 spring onions
- 1 red chilli
- 1 bunch coriander
- 1 bunch mint
- 2 tbsp fish sauce
- 2 tsp brown sugar
- 1/4 cup fresh lime juice
- 1/3 cup chopped peanuts



Method:

Cut chicken into thick strips then place in a saucepan with ginger and stock cube. Cover with water and bring to the boil. Reduce heat to medium and simmer for about 5 to 10 minutes or until chicken is cooked through.

Place vermicelli in a large bowl and cover with boiling water. Sit for 5 minutes until soft then drain and let cool.

Meanwhile, chop capsicum, carrots, cabbage and spring onions into thin slices. Finely dice chilli and roughly chop coriander and mint.

When chicken is cooked, drain and place on a large plate. While chicken is cooling, make dressing by mixing the fish sauce, brown sugar and lime juice together. Then pull chicken apart (or chop) into small pieces.

Mix all the salad ingredients together in a large bowl. Toss through the dressing and top with peanuts. Garnish with extra lime wedges.

