

Vietnamese Chicken and Cabbage Salad

Ingredients

Poached Chicken Fillets

4 spring onions (trim, wash and cut into 4)
1 x 3cm piece fresh ginger (peel and slice)
4 skinless chicken breasts

Cabbage Salad

2 carrots
1 cabbage
4 spring onions
4 sticks celery
40 mint leaves
24 stems coriander

Dressing

3 cloves garlic
¼ cup lemon/lime juice
1 tablespoon rice vinegar
1/3 cup fish sauce
¼ cup vegetable oil
2 tablespoon sugar

Method for poached chicken

Half fill the electric frypan with water. Add trimmed and sliced spring onions and peeled and sliced ginger to the water and bring to the boil. **Carefully lower chicken into the pan and allow the water to return to simmering point.** Cover with lid and, reduce heat and simmer for 10 minutes. Turn fry pan off and leave chicken in the liquid for 5 minutes. **Use tongs to remove chicken from pan and place on a plate.** Cover with plastic film and refrigerate till needed.

Method for dressing

Press garlic through the garlic press and put in a bowl. Juice the lime /lemon. Add the juice, fish sauce, vinegar, oil, sugar to the garlic and stir

Method for salad

Grate the carrots and place in a large bowl. Trim the roots and tops of the leaves from the spring onions and wash. Finely slice spring onions and add to bowl. Cut the cabbage into 4 and remove the stalk. Shred cabbage and place in bowl with the carrots. Peel strings from celery stalks and slice finely. Wash mint and coriander and then gently roll in a tea towel to dry. Roughly chop herbs and add to bowl.

Assemble Salad

Shred chicken with your fingers and add to large bowl with vegetables and dressing.

