



# THAI CHICKEN SALAD

WITH PEANUT DRESSING

**DIFFICULTY:** Easy | **SERVES:** 4 | **READY IN:** 30 minutes

This Thai-style chicken salad is colourful and packed with flavour, thanks to a very moreish peanut dressing. Enjoy hot or cold and be ready to go back for seconds!



## 1. PREPARE SALAD

Finely shred the cabbage. Use a spiralizer or julienne peeler to shred the carrot and courgettes (you can grate or finely slice by hand if you prefer). Slice the capsicum into thin strips. Combine in a large bowl with the peanuts.

2. Whisk together the peanut butter, soy sauce, honey, lime juice, water, vinegar, sesame oil and ginger until smooth. Taste and add more lime juice and salt and pepper as required. Set aside.

## 3. COOK CHICKEN

Dice the chicken thighs and season with salt and pepper. Heat oil in a large frying pan over a high heat and cook the chicken until browned all over and cooked through.

## 4. SERVE

Microwave rice and quinoa according to the instructions on the packet. Add to the salad together with the cooked chicken. Pour over the dressing and toss to combine. Sprinkle with peanuts to serve. You can also add lime wedges, if you like.

### SALAD

- 1/4 red cabbage
- 1 large carrot
- 2 courgettes
- 1 red capsicum
- 1/2 cup chopped roasted, salted peanuts (100g)
- 1/4 cup peanut butter, crunchy or smooth (65g)
- 2 Tbsp soy sauce
- 1 Tbsp honey
- 1 Tbsp lime juice
- 1 Tbsp water
- 1 Tbsp white vinegar
- 1 tsp sesame oil
- 1 tsp minced ginger

### CHICKEN

- 600g boneless, skinless chicken thighs (1lb 5oz)
- 2 tsp vegetable oil

### TO SERVE

- 250g microwave pouch of brown rice and quinoa (8.8oz)
- 1/4 cup chopped roasted, salted peanuts (50g)



**WINE MATCH:** This meal pairs nicely with an off-dry Riesling or Chardonnay.

## **THAI CHICKEN SALAD RECIPE NOTES**

**GLUTEN FREE OPTION:** This meal is virtually gluten free anyway. Make sure you use gluten free soy sauce and check the peanuts aren't at risk of containing gluten.

**INGREDIENT SWAP:** You can change out the chicken for diced beef rump steak or tofu, if you prefer. You can also replace the peanuts with cashews and use cashew butter instead of peanut butter.

**INGREDIENT LEFTOVERS:** As half a red cabbage is usually the smallest amount you can buy, you are likely to have some left over. Create another meal with it by sautéing with a little butter, brown sugar and balsamic vinegar. Serve with mashed potato and sausages.

**STORING AND REHEATING:** Store individual portions in the refrigerator. Tastes good reheated for lunch the next day, and is also delicious cold.