



# CHINESE CHICKEN SALAD

WITH CRISPY NOODLES

DIFFICULTY: Easy | SERVES: 4 | READY IN: 35 minutes

This Chinese chicken salad features plenty of fresh veggies, crunchy noodles and a delicious tangy dressing. A great salad to have in you repertoire!



## CHICKEN

- 600g boneless, skinless chicken breasts (1lb 5oz)
- 1 1/2 Tbsp soy sauce
- 1/2 Tbsp sesame oil

## SALAD

- 1/2 small wombok
- 1 carrot
- 1 Lebanese cucumber
- 3 spring onions
- 3 mandarins
- Large handful fresh coriander

- 100g crispy noodles (3.5oz)
- 1/3 cup roasted, salted peanuts (65g)

## DRESSING

- 3 Tbsp rice wine vinegar
- 1 1/2 Tbsp peanut oil
- 1 1/2 Tbsp soy sauce
- 1 Tbsp sesame oil
- 2 tsp sugar
- 1 tsp finely grated ginger
- 1/2 tsp garlic powder

## 1. COOK CHICKEN

Preheat oven to 190°C (375°F) fan bake. Place a large piece of tinfoil or baking paper on an oven tray and place the chicken breasts on top. Drizzle with soy sauce and sesame oil then season with cracked pepper. Fold foil / baking paper up to enclose the chicken in a parcel. Bake for 25 minutes, until chicken is cooked through.

## 2. MAKE SALAD

Meanwhile, finely shred wombok, grate carrot, dice cucumber into small cubes and thinly slice spring onions. Peel mandarins and separate into segments. Roughly chop coriander. Combine all of these ingredients in a large salad bowl.

## 3. PREPARE DRESSING

Place vinegar, peanut oil, soy sauce, sesame oil, sugar, ginger and garlic powder in a small jar. Shake until well combined. Season to taste with cracked pepper.

## 4. SERVE

Remove chicken from oven, take out of parcel and place on a chopping board. Use two forks to shred chicken. Add to the salad bowl together with half the noodles and peanuts. Drizzle dressing over the top and toss to combine.

5. Divide salad between individual serving bowls and top with remaining noodles and peanuts. Add extra coriander too, if you like. Serve immediately.



**WINE MATCH:** Choose an off-dry Riesling.

## **CHINESE CHICKEN SALAD RECIPE NOTES**

**GLUTEN-FREE OPTION:** Use gluten-free soy sauce. Omit the noodles (unless you can find a similar gluten-free option) and replace with a few extra peanuts.

**INGREDIENT SWAPS / NOTES:** You could use green or red cabbage instead of wombok (I find wombok easier to eat / more tender though).

**STORING AND REHEATING:** If you are planning to have leftovers, it is better to store the fresh salad ingredients separate from chicken, noodles, peanuts and dressing. Everything but dressing, noodles and peanuts should be kept in the fridge. Chicken can be reheated in the microwave. Add to salad with dressing, noodles and peanuts just before serving.