

Vietnamese Chicken Salad with Rice Noodles

INGREDIENTS:

For the dressing:

- 3 serrano peppers or jalapeno
- 4 cloves garlic
- 2 Tbsp rice vinegar
- 2 Tbsp monk fruit brown sugar
- 4 Tbsp fish sauce
- 6 Tbsp lime juice or lemon
- 6 Tbsp sesame oil or olive oil

For the Salad:

- 1 pound chicken breasts, skinless and boneless is easiest
- 6 ounces rice noodles (I love Mai Fun noodles)
- 2 carrots
- 2 cucumbers, seeded
- 1/2 head of green or Nappa cabbage
- 1/4 cup each — green onions, cilantro leaves, mint leaves. Parsley does well in this dish if you need a substitution.



*More
Recipes!*



TINAMCDERMOTT.COM/COOKINGSHOW

DIRECTIONS

For The Dressing:

- Add all the ingredients to a blender and process until smooth. If you would rather have chunks of serrano or jalapeno then slice them very thin, careful to throw out the seeds and stir them into the dressing after the blender.

For The Chicken:

- Bring a pot of water to a rolling boil, add the chicken breast, turn the heat off and secure a lid very tightly to the top. Allow to cook for about 25 minutes. Check with an instant read thermometer and it should be 165 degrees. Remove from the water and place on a cutting board and shred using two forks. Add to a bowl and pour the dressing over top so it marinates.

For The Noodles:

- Soak your noodles in cold water for 10 to 15 minutes until softened then drain them. Heat a bit of the dressing in a fry pan and stir-fry the noodles over medium heat for about 5 minutes or so.

For The Vegetables:

- Using the shred adaptor on your food processor, shred the cabbage and the carrots. Deseed the cucumbers and julienne them. Finely chop the herbs and onions.

For the Salad:

- In a large bowl combine all your ingredients together adding more dressing as desired. Serve right away for the best chicken noodle salad ever!

