



Thai Chicken Salad

Serving: 1

Non Veg

Ingredients

- Green beans - 50g
- Red chilli finely sliced - 2
- Shallots, finely sliced - 50g
- Lemongrass, finely chopped - $\frac{1}{2}$
- Ginger - 1 Teaspoon
- Shredded chicken - 50g
- Handful of mint leaves
- Handful of coriander leaves
- Lime juice - $\frac{1}{2}$ lemon
- Garlic clove, crushed - 2
- Fish sauce (low sodium) - 2 Teaspoon

Preparation Method

- 1. Cut the beans into smaller pieces.
- 2. Cook the beans in simmering salted water for 4 mins or until tender but still bright green. Drain and put in a bowl with the chili, shallots, lemongrass and ginger. Pull the chicken breasts into shreds using your fingers and add to the bowl.
- 3. Make the dressing. Mix garlic, fish sauce, lime and chilli. Tear the mint and coriander leaves over the chicken and toss everything together. Pile onto a plate and pour over the dressing. Serve with the lime.