



Thai chicken salad (H)

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

- -Cut the beans into smaller pieces.
- -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.
- -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