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|  | **Ingredients** | | **step** |
| **Asian Chicken Salad** |  2 boneless chicken breasts, skin on   6 cups Chinese [cabbage, sliced thin](http://www.whfoods.com/genpage.php?tname=preptip&dbid=155)   1/2 cup grated carrot   2/3 cup [minced scallion](http://www.whfoods.com/genpage.php?tname=preptip&dbid=47)   1/2 cup sliced almonds   1/2 cup [chopped fresh cilantro](http://www.whfoods.com/genpage.php?tname=preptip&dbid=16)   2 TBS toasted sesame seeds   2 TBS [dried hijiki or arame seaweed, soaked in 1 cup warm water and chopped](http://www.whfoods.com/genpage.php?tname=preptip&dbid=132)\*   **Dressing**   2 TBS extra olive oil   2 TBS soy sauce   1/4 cup rice vinegar   3 TBS honey   pinch red pepper flakes   salt & white pepper to taste | 1. Preheat broiler. Place a stainless steel (be sure the handle is also stainless steel) or cast iron skillet in the broiler, about 7 inches from the heat source, to get it very hot. Season chicken with a little salt and pepper. 2. If you are using hijiki or arame place it in a small bowl of hot water to soften for about 10 minutes. 3. While pan is heating, thinly slice [cabbage](https://holistickenko.com/cabbage/), and shred carrot. Carrot is easily shredded in food processor with shredding blade. Otherwise you can shred it by hand, or slice it thin. Chop cilantro and scallion cabbage and carrot mixture. Add sliced almonds. Squeeze excess water from hijiki, chop if needed, and add to salad. 4. When pan is hot, about 10 minutes, remove from broiler, and place chicken in pan, skin side up, and return to broiler. Cook for about 15 minutes depending on thickness of chicken. This is our [Quick Broil](http://www.whfoods.com/genpage.php?tname=preptip&dbid=157) cooking method. When done and cool enough to touch, remove skin, and cut into bite-size pieces. 5. Whisk together olive oil, soy sauce, rice vinegar, honey, red pepper flakes, salt, and pepper. Toss with cabbage mixture and chicken. Sprinkle with sesame seeds. (You can buy sesame seeds that are already toasted.) | |