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TIP

Substitute coconut aminos for the tamari if eliminating soy entirely.

LEMONGRASS CHICKEN BANH MI SALAD

MAKES 1 LARGE SALAD



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We’ve tried every restaurant, checked into every hotel, and flipped every boutique rack so that you don’t have to—from classics to little-known,

for the chicken:

2 (or more) thin  
slices Serrano chile

1 lemongrass stalk,  
smashed and cut  
into 1/2 inch pieces

1 scallion, roughly  
chopped

1 teaspoon coconut  
sugar

2 tablespoons wheat  
free tamari

zest of 1 small lime

1 1 1/2 inch piece  
ginger, peeled and  
roughly chopped

1 garlic clove, peeled  
and smashed

1/2 # chicken thighs

for the quick pickles:

2 teaspoons coconut  
sugar

juice of half a lime

2 teaspoons rice  
vinegar

1/3 cup grated carrot

1/2 of a Serrano chile,  
thinly sliced

1/3 cup sliced  
cucumber

for the salad  
dressing:

2 teaspoons coconut  
sugar

1 teaspoon white  
miso

juice of half a lime

1 tablespoon rice  
wine vinegar

3 tablespoons  
grapeseed (or other  
neutral) oil

1 teaspoon sesame  
oil

*This is a detox-friendly version of one of our  
favorites, a Vietnamese banh mi sandwich.*

1. To marinate the chicken, combine first 8 ingredients in a blender or food processor and blend for about a minute; it won't be a perfectly smooth paste. Add this to a non-reactive bowl with the chicken thighs, mix well, cover and either leave at room temperature for 30 minutes or place in the fridge for up to 24 hours.

2. For the quick pickles, whisk together the coconut sugar, lime juice, and rice vinegar in a bowl. Add the grated carrot, sliced cucumber and Serrano chili. Let sit for at least 10 minutes or refrigerate overnight.

3. For the dressing, whisk together the coconut sugar, miso, lime and rice wine vinegar in a small bowl. Slowly whisk in grapeseed and sesame oils.

4. To cook the chicken, heat a grill pan over medium high heat. Try to wipe the excess marinade off the chicken thighs, then grill for about 5 minutes on each side, depending on thickness.

5. In a large bowl, toss the romaine, scallions, and most of the basil and cilantro with enough dressing to coat everything.

6. Top with grilled chicken, quick pickles and remaining herbs.

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DETOX »

for the salad:

2 handfuls chopped  
romaine

1 scallion, thinly  
sliced

1 small handful basil,  
roughly chopped

1 small handful  
cilantro, roughly  
chopped

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