

Cantonese Chicken Pineapple Salad

Source: Daisy Chan

Submitted by: Evelyn Wong

- 1 chicken breast (cooked and shredded)
- 1 head lettuce (chopped to bite size)
- ½ t. dry mustard
- 1 t. Chinese salt
- 3 stalks green onion (julienned, including the green tops)
- 1½ c. or 1 bunch cilantro (cut coarsely)
- 1 T. toasted sesame seeds
- 1 T. sesame oil
- ¼ c. vegetable oil
- 1 can pineapple tidbits, well-drained
- ½ c. cashew nuts (chopped coarsely)
- 1½ c. noodles or long rice for frying

Toss chicken, lettuce, onion, cilantro, sesame seeds, mustard, Chinese salt, and sesame oil together. Chill for 2 hours. Then add 1 can pineapple tidbits, well drained, and cashew nuts. Toss again. Decorate the salad with ~ 1 ½ cups fried long rice or fried noodles.

Long rice should be deep fried in oil until it puffs up. Use a 2 quart sauce pan with about 2 inches of oil.