

Recipe Shared at our Nutrition Workshop held on July 20, 2016

Thai Chicken Salad

10 oz. chicken breasts
4 tbsp lime juice
2 tbsp fish sauce
1 tsp sugar
1/4 tsp chili flakes
2 tbsp roughly chopped cilantro
2 tbsp roughly chopped mint
1 stem green onion – finely chopped
1/2 medium red pepper – cut into thin strips
1 head of romaine lettuce

1. BBQ or grill chicken until fully cooked. Let meat rest for 5 minutes, then slice into thin strips.
2. In a separate bowl beat lime juice, fish sauce, oil, sugar and chili flakes until blended. Add the meat to this mixture and let sit to gain flavor.
3. Chop cilantro, mint, green onion and sliced red pepper. Add all of these to the meat and sauce mixture.
4. Cut up romaine lettuce in bite size pieces and add to a large salad bowl.
5. Add vegetable and meat on top of romaine and mix well. Now ready, the salad can be served immediately or it can wait for up to 1.5 hours unrefrigerated and lightly covered.



Adapted from:

Simply Thai Cooking

by Wandee Young & Byron Ayanoglu