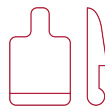




Asian Steamed Chicken Salad Cups



DIFFICULTY: EASY



PREPARATION TIME: 25
MINUTES



COOKING TIME: 14 MINUTES



SERVES: 4

Ingredients

2 large chicken breast fillets (approx. 500g)

Marinade

1/4 cup light soy sauce

1 tbsp sesame oil

1 tbsp green ginger, grated

Salad

1/4 small red cabbage, finely shredded

1 large carrot, cut into julienne strips

4 spring onions, cut into 5cm lengths then into fine strips

1/2 continental cucumber, halved, seeds removed then finely sliced

1 cup mint leaves

1 cup coriander leaves

Dressing

1/2 cup oil

Method

Place the chicken into a snap lock bag with the combined marinade ingredients. Mix well and chill for 2 hours or overnight.

Remove the chicken from the marinade (discard the marinade) and place the chicken onto the small perforated tray. Steam at 100°C for 12-14 minutes or until the chicken is cooked through. Allow the chicken to cool thoroughly then shred the chicken using 2 forks to pull the chicken into strands. Refrigerate until required.

Place the salad ingredients into a bowl with the chicken and toss lightly to combine. In a jar, combine the dressing ingredients and shake well. Drizzle the dressing onto the salad and toss lightly. Spoon the salad evenly into the lettuce cups then sprinkle over the extra mint, coriander and sesame seeds. Serve immediately.

1/3 cup light soy

1/3 cup rice wine vinegar

2-3 tsps castor sugar

12 gem or baby cos lettuce cups, washed
and trimmed, for serving

Mint leaves, extra, for decoration

Coriander leaves, extra, for decoration

2 tbsps toasted sesame seeds

Notes

For a little extra zing add some finely chopped chilli to the salad ingredients.