

chopped vietnamese salad

For the Dressing

3 cloves garlic
2 tbsp rice vinegar
2 tbsp soya sauce
2 tbsp brown sugar
4 tbsp fish sauce
1 large lime, zested and juiced ~ 6 tbsp
6 tbsp olive oil
splash of Sriracha

For the Salad

2 chicken breasts, grilled
6 ounces thick rice noodles
4 large carrots, peeled and grated
1 cup purple cabbage, sliced thin
1 cup green cabbage, sliced thin
1/2 cup english cucumbers, sliced thin
one large handful of cilantro leaves, chopped
small handful of mint leaves, chopped

INSTRUCTIONS

DRESSING: Using a hand blender, pulse all of the dressing ingredients together. Set aside.

CHICKEN: I cut the chicken breast into smaller pieces so that they grilled quicker and then I seasoned the chicken with salt and pepper and an apricot asian salad dressing that I had in the fridge. Keep this part simple, if you don't have a dressing, salt and pepper with a little oil works good too before you throw it on the grill.

NOODLES: Cook them as directed on the package. When they are done cut the noodles if you want them to be shorter and easier to eat. Let them drain well and cool before adding them to the vegetables and chicken.

VEGETABLES: Once all of the vegetables are prepped, toss them in a large bowl.

ASSEMBLY: Toss the chicken, noodles and vegetables together. If you are wanting to eat this salad throughout the week, keep the dressing on the side and add as you go.