

Thai chicken salad

Ingredients

Serves 2

50 grams rice noodles

2 teaspoons oil

1 tablespoon crushed ginger

1 clove garlic, crushed

200 grams chicken breast, skinned and sliced into strips

pinch chilli flakes (optional)

1½ cups iceberg lettuce, finely shredded

2 tomatoes, diced

¼ cup chopped coriander

2 spring onions, sliced

1 cup mung bean sprouts

1 tablespoon white vinegar

1 teaspoon sugar

1 tablespoon lemon juice

1 teaspoon fish sauce

Method

1. Bring a saucepan of water to the boil, then carefully add rice noodles. Reduce heat and simmer for 5-8 minutes or until tender. Drain, then run under cold water and drain again. Set aside to cool.
2. Heat oil in a saucepan over a medium heat. Add ginger and garlic and cook 1-2 minutes, stirring.
3. Add chicken and chilli flakes (if using) and stir fry until golden and no longer pink in the middle.
4. Combine noodles, lettuce, tomatoes, coriander, spring onions and mung bean sprouts in a bowl.
5. In a separate bowl, mix together vinegar, sugar, lemon juice and fish sauce, then add to noodle salad.
6. Spoon noodle salad into bowls, top with chicken and serve.

Variations

- Use other seasonal vegetables in place of mung bean sprouts, e.g. sliced cucumber, chopped broccoli, diced capsicum.
- Add ½ cup nuts or seeds.



Equipment

- Colander
- Cutting board and knife
- Kitchen scales
- Large bowl
- Measuring cups
- Measuring spoons
- 2 medium bowls
- 2 saucepans
- Serving spoon
- Wooden spoon

Preparation and cooking skills

Boil, chop, dice, drain, prepare and cook raw poultry, slice, stir fry.

Nutrition

- Thai food is well known for its strong aromatic flavours, spiciness and use of a variety of vegetables.
- Vegetables come in a wide variety of colours, shapes and flavours. You will get the greatest benefit if you eat a 'rainbow' of colours everyday, e.g. green, white, yellow-orange, blue-purple, red.