

# Vietnamese Cabbage & Chicken Salad



*This low-calorie salad is packed with lean protein and fresh flavor!*

<b>YIELD</b> <b>6 SERVINGS</b>	<b>PREP TIME</b> <b>20 MIN</b>	<b>TOTAL TIME</b> <b>45 MIN</b>
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## INGREDIENTS

*For the Poached Chicken:*

1 lb	Chicken Breast, boneless, skinless
2 cloves	Garlic, crushed
1 each	Bay Leaf
4 cups	Water

*For the Dressing:*

2 Tbsp	Extra Virgin Olive Oil
2 each	Lime, juiced
1 Tbsp	Rice Wine Vinegar
1 Tbsp + 1 tsp	Fish Sauce
1 Tbsp	Sriracha
1 tsp	Honey
2 cloves	Garlic, finely minced

*For the Salad:*

½ lb	Cabbage, thinly sliced or shredded (about 6 cups or ¼ medium head)
2 each	Carrot, grated
¼ each	Red Onion, thinly sliced
¼ cup	Cilantro, chopped
¼ cup	Basil or Mint, chopped
½ cup	Dry-Roasted Peanuts, unsalted, chopped

## CHEF'S NOTES

Since cabbage is a hearty green that can be dressed in advance, this salad makes great leftovers as the flavors continue to marinate over time.

*The dressing can be customized to suit your taste - add more Sriracha if you like it spicy!*

Short on time? You can substitute a bag of pre-shredded coleslaw mix for the vegetables in the salad base and use leftover pre-cooked, shredded chicken to speed up the prep time for this make-ahead one bowl meal.

## DIRECTIONS

1. Gather all ingredients and equipment. Prepare all ingredients as described above.
2. Poach the chicken: Place the chicken in a small saucepot and add garlic, and bay leaf. Pour the water over, adding more as needed to ensure the chicken is covered by at least one inch of water.
3. Bring to a boil over medium-high heat, checking the temperature with an instant read thermometer. Once the water reaches 175-180°F, reduce the heat to low. Partly cover the pot with a lid and cook for about 10 minutes. Turn off the heat and allow the chicken to sit for

another 10-15 minutes, until the meat reaches 165°F. Remove to a cutting board and allow to cool while prepping the salad.

4. Meanwhile, in a small bowl, whisk together the dressing ingredients and set aside.
5. In a large bowl, combine the cabbage, carrot, onion, and herbs. Add the dressing and toss together until well combined.
6. Shred the chicken using clean hands or two forks. Add to the salad and toss to combine.
7. To serve, top with the chopped peanuts. Enjoy at room temperature or chilled.

<b>Nutrition Facts</b>	
6 servings per container	
<b>Serving size</b>	<b>1.75 cups (186g)</b>
<b>Amount Per Serving</b>	
<b>Calories</b>	<b>240</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 13g	<b>17%</b>
Saturated Fat 2g	<b>10%</b>
<i>Trans Fat</i> 0g	
<b>Cholesterol</b> 55mg	<b>18%</b>
<b>Sodium</b> 410mg	<b>18%</b>
<b>Total Carbohydrate</b> 11g	<b>4%</b>
Dietary Fiber 3g	<b>11%</b>
Total Sugars 5g	
Includes 1g Added Sugars	<b>2%</b>
<b>Protein</b> 21g	<b>42%</b>
Vitamin D 0mcg	0%
Calcium 50mg	4%
Iron 1.1mg	6%
Potassium 520mg	10%
<small>* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small>	

CONTAINS: PEANUTS, ANCHOVIES

