

Vietnamese Cabbage & Chicken Salad



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

YIELD 6 SERVINGS	PREP TIME 20 MIN	TOTAL TIME 40 MIN
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INGREDIENTS

For the Dressing:

2 Tbsp	Olive Oil
1 each	Lime, juiced (about 2 Tbsp)
1 Tbsp	Sambal Oelek Chili Garlic Paste
1 Tbsp	Rice Wine Vinegar
1 Tbsp	Fish Sauce
1 clove	Garlic, minced
1 tsp	Honey

For the Salad:

1 lb	Chicken Breast, boneless, skinless
1 Tbsp	Olive Oil
½ lb	Cabbage, thinly sliced or shredded (about 6 cups or ½ small head)
1 medium	Carrot, grated
½ medium	Red Onion, thinly sliced
½ cup	Fresh Herbs (Mint, Cilantro, Basil or a combo)
¼ 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 chili garlic paste or 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.
2. In a small bowl, whisk together the dressing ingredients. Set aside.
3. Butterfly the chicken by slicing horizontally through the center of the breast to create two even, thinner pieces which will help speed up the cooking process.
4. In a medium sauté pan, heat the oil and once hot, add the chicken. Cook the chicken until lightly browned on one side, about 3-5 minutes. Flip the chicken and continue to cook on the other side until it reaches an internal temperature of 165°F, about 3-5 more minutes.
5. Remove the chicken to a clean plate and allow to it to cool. Once cool, shred or cut it into thin strips and set aside.
6. In a large bowl, combine the cabbage, carrot, onion, herbs and reserved chicken. Add the dressing and toss together until well combined.

5. To serve, top with the chopped peanuts. Enjoy at room temperature or chilled.

Nutrition Facts	
6 servings per container	
Serving Size	1 1/2 cups (200 g)
Amount per serving	
Calories	220
% Daily Value *	
Total Fat 12g	16%
Saturated Fat 1.5g	7%
<i>Trans Fat</i> 0g	
Cholesterol 55mg	18%
Sodium 350mg	15%
Total Carbohydrate 9g	3%
Dietary Fiber 3g	11%
Total Sugars 4g	
Contains less than 1g Added Sugars	1%
Protein 20g	41%
Vitamin D 0mcg	0%
Calcium 80mg	6%
Iron 0.99mg	6%
Potassium 500mg	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>	

Recipe adapted from *Health meets Food* "Vietnamese Chicken, Cabbage, and Mint Salad" (7/14/20)



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