Vietnamese Cabbage & Chicken Salad

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

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<td>6 SERVINGS</td>
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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

Directions Continued and Nutrition Facts Found on the Reverse Side
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.

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

CONTAINS: PEANUTS, ANCHOVIES

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