

CHICKEN SLAW

Time: 30 minutes

Serves: 4

Ingredients:

2 cups water
1" piece fresh ginger – peeled
2 tablespoons dark sesame oil
1 tablespoon sriracha (chili garlic sauce)
1 pound boneless-skinless chicken thighs
1 pound coleslaw mix or shredded cabbage
6 radishes – coarsely grated
6 green onions – sliced
¼ cup cilantro leaves
¼ cup fresh mint leaves – torn or roughly chopped
¼ cup fresh basil leaves – torn or roughly chopped
2 tablespoons cider vinegar
2 tablespoons fish sauce
2 tablespoons fresh lime juice
1 teaspoon Kosher salt

Preparation:

Place the water, ginger and one tablespoon of the sesame oil in a heavy cast pan over high heat and bring to a boil.

Add the chicken thighs to the pan, allow to return to a boil, then reduce heat, cover and simmer for ten minutes.

While the chicken is cooking, place all remaining ingredients, including the tablespoon of sesame oil into a large bowl and toss well to blend evenly.

Remove the chicken from the pan after ten minutes or when the internal temperature reaches 170F. Let it rest for five minutes, then use two forks to pull the pieces apart, shredding the meat. Mix the chicken into the rest of the salad and serve immediately.

Nutritional Information Per Serving:

Calories: 200
Fat: 8g
Carbs: 8g
Fibre: 3g
Protein: 24g