

Recipe: Vietnamese Chicken Noodle Salad

Ingredients

- ½ baked, BBQ or boiled chicken.
- 200gm rice vermicelli noodles
- 2 cups of finely sliced savory cabbage or lettuce
- 2 medium carrots grated
- 1 medium Lebanese cucumber grated
- 1 cup of bean sprout
- ½ cup of unsalted roasted chopped peanuts
- 2 tablespoons of fried garlic
- 2 tablespoons of fried onions
- 1 teaspoon of sesame oil
- ¼ cup of roughly chopped fresh coriander + Thai basil + Vietnamese mint leaves
- 3 – 4 tablespoons of dipping fish sauce



Method

1. Place noodles in heatproof bowl, cover with boiling water, stand 5 – 10 minutes; drain and then run over with cold tap water.
2. Remove the skin from the chicken and shred the meat.
3. Slice /shred / cut cabbage, carrots and Lebanese cucumber into thin strips.
4. Roughly chop the fresh herbs – coriander, Thai basil, Vietnamese mint.
5. Mix noodles, chicken, all the vegetable strips, bean sprouts and fresh herbs in a bowl and turn out onto a serving plate.
6. Dress the salad with the dipping fish sauce, sesame oil and garnish with roasted peanuts, fried garlic and onions.

(Note: if you wish the salad to be spicy, add some diced fresh chilli to the salad.)