



WARM CHICKEN VERMICELLI SALAD WITH ASIAN GREENS

- 300g skinless chicken breast fillets
- 100g rice vermicelli noodles
- 1 small Chinese cabbage, shredded
- 1 medium carrot, cut into matchsticks
- 3 shallots, finely sliced
- ½ cup mint leaves, roughly chopped
- ½ cup coriander leaves, roughly chopped
- ¼ cup red mint,* roughly chopped
- ¼ cup Thai basil leaves, roughly chopped
- 4 Vietnamese mint leaves, roughly chopped

Marinade

- ½ cup Shaoxing cooking wine*
- 1 tablespoon light soy sauce 1cm fresh ginger, finely chopped
- 1 tablespoon sweet chilli sauce or lime ginger sauce

Dressing

- 1 clove garlic, finely chopped
- 1cm fresh ginger, finely chopped
- 1 long red chilli, finely chopped (optional)
- ⅓ cup rice wine vinegar
- ¼ cup light soy sauce
- Juice of 1 lime
- 1 teaspoon sesame oil
- 1 teaspoon honey (to taste)

Fresh bean sprouts

Marinate the chicken in the marinade ingredients for up to 1 hour. Preheat an electric wok or heat a wok on the stove to medium heat and cook the chicken covered until cooked through. Keep warm. Place the vermicelli rice noodles into a bowl, pour over boiling water and let stand for a few minutes to soften. Drain the noodles, then chop and place into a bowl. Add in Chinese cabbage, carrot, shallots and herbs. Toss to combine. Mix the dressing ingredients together, add to the salad bowl and toss to combine. Slice the chicken breast and add to the salad. Top with fresh bean sprouts.

SERVES = 2. EACH SERVE PROVIDES:

1296kJ (309Cal)	39g	5g	22g	6g
Energy	Protein	Fat	Carbs	Fibre

*From Asian food stores.