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NATUROPATH & MEDICAL HERBALIST

Marinated Asian Chicken Salad

I love this salad in summer. We often have this for dinner & the kids love it as much as we do! The only cooking required is the chicken – which is done on the BBQ, which is nice to escape the stove on a hot day.

Ingredients for marinade

½ kg organic chicken thigh fillets, cut into halves
1 teaspoon of ginger finely chopped
2 cloves garlic crushed and chopped
2 tablespoons of toasted sesame oil or peanut/coconut oil
1-2 tablespoons of tamari or soy sauce
1 tablespoon of chinese or Japanese rice wine vinegar or alternatively you can use 2 tablespoons of orange juice

Mix marinade ingredients in glass dish and add chicken pieces and thoroughly coat in marinade. Cover and refrigerate for at least an hour or up to 6 hours. Cook chicken on a BBQ or grill until cooked. While chicken is cooking, assemble the salad.

Ingredients for salad

Mixed salad greens (I love baby spinach, rocket & endive)
A large handful of fresh mint leaves
Fresh coriander shredded
Bean shoots or other sprouts
Finely cut carrot (I do it in julienne style thin match sticks)
Shredded green papaya (optional)
Finely sliced capsicum
Handful of cherry tomatoes

Arrange leaves in individual bowls and then top with a selection of the other vegetables and sprouts. Cut cooked and slightly cooled chicken into strips and add to top of salad. Top with crushed peanuts or cashews and extra mint or coriander and sprouts. I normally use the juices from the chicken to drizzle over the top. Plus a splash of an Asian style dressing. (See basics section for this recipe or create your own!)