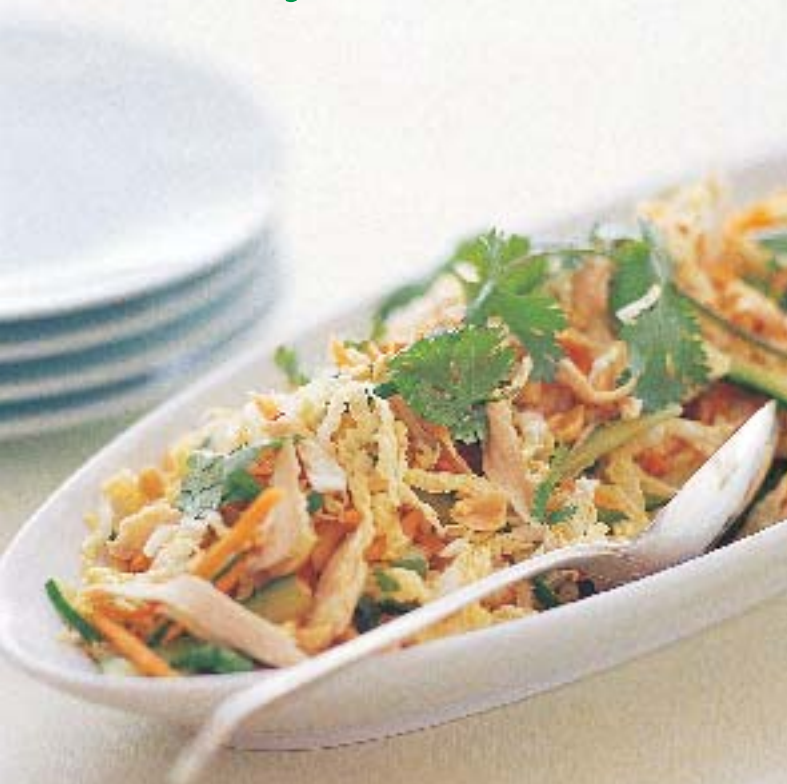


Asian-style chicken slaw



Asian-style chicken slaw

Ingredients:

- 2 Lebanese cucumbers, peeled, halved and deseeded
- 1/4 Chinese cabbage, finely shredded
- 1 large carrot, shredded
- 1 barbecued chicken, skin and bones discarded and flesh shredded
- 2 tbs fish sauce
- 1 tbs palm or brown sugar
- 1 tbs lemon juice
- 1 small red chilli, deseeded and finely chopped
- 1/2 cup coriander leaves
- 1/4 cup roasted peanuts, roughly chopped

Health benefits:

Chinese cabbage

Chinese cabbage is a good source of vitamin C and beta-carotene (which is converted to vitamin A in the body). It also provides calcium and iron. It is low in kilojoules and fat. Chinese cabbage is nutritious raw or cooked.

Method:

1. Cut cucumbers into 5cm thin strips. Place into a large bowl and add cabbage, carrot and shredded chicken. Toss to combine.
2. Combine fish sauce, palm or brown sugar, lemon juice and chilli in a screw-top jar. Shake until well combined.
3. Pour dressing over vegetables, add coriander and peanuts and gently toss to combine. Serve immediately.

Serves: 4

Preparation: 25 minutes

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