

Lemongrass & chilli chicken salad



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Preparation: about 20 minutes

Cooking: about 10 minutes

Serves: 4

- 1 tbs peanut oil
 - 1 stalk lemongrass, trimmed, pounded and finely chopped
 - 3 garlic cloves, finely chopped
 - 2–3 small red bird's eye chillies, deseeded and finely chopped
 - 500g chicken mince
 - ¼ cup lime or lemon juice
 - 1 tbs fish sauce
 - ½ small red onion, very thinly sliced
 - 1 Lebanese cucumber, finely diced
 - 1 cup coriander leaves, roughly chopped
 - 1 Kaffir lime leaf, very finely shredded (optional)
- Rice noodles and lettuce leaves, to serve

1. Heat oil in a large frying pan over medium-high heat. Add lemongrass, garlic and chillies and cook, stirring, for 1 minute. Add chicken, and cook, breaking up mince with a wooden spoon, for 5 minutes until chicken is cooked through. Set aside to cool slightly.
2. Place cooled chicken mixture into a large bowl. Add lime or lemon juice, fish sauce, onion, cucumber, coriander and kaffir lime leaf if using. Toss to combine. Serve with rice noodles and lettuce leaves.



Red chillies

- Chillies are rich in vitamin C, beta carotene (which the body converts to vitamin A) and dietary fibre. However, their fiery flavour means we usually consume them only in small quantities.
- Even 10g of chilli will provide half the day's requirement for vitamin C. This vitamin plays a role in the body's defence against infections.