

No cook Thai herb, veggie & chicken salad bowls



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Preparation 25 mins | Serves 4

- 3 green onions (shallots), trimmed and thinly sliced
- 1 long red chilli, deseeded and thinly sliced
- 2 large carrots, shredded into long strands
- 2 cups finely shredded Chinese cabbage (about ½ small cabbage)
- 4 radish, trimmed and very thinly sliced
- 3 cups cooked shredded cooked chicken (we used a store-bought BBQ chicken)
- 1 cup coriander leaves
- 1 cup mint leaves
- ½ cup Thai basil leaves
- ⅓ cup chopped roasted peanuts, to serve

Soy & sesame dressing:

- ¼ cup reduced salt soy sauce
- 2 tbs honey
- 2 tbs lime juice
- 2 tbs grape seed oil
- 2 tsp sesame oil

STEP 1 Combine green onions, chilli, carrots, cabbage, radish, chicken, coriander, mint and Thai basil in a large bowl. Gently toss to combine.

STEP 2 To make soy & sesame dressing, combine all ingredients in a screw-top jar. Shake until well combined. Drizzle dressing over the salad and gently toss to combine. Spoon into serving bowls, sprinkle with peanuts and serve.

Good for you... CARROTS

The old saying that carrots help you see in the dark is due to their high content of beta carotene, which the body converts to vitamin A and uses for normal vision. A good source of vitamin C, one of the vitamins needed for the normal functioning of the immune system. Provide dietary fibre, whether raw or cooked. Dietary fibre helps keep the intestine healthy.

