

Vietnamese cabbage, carrot & chicken salad



Vietnamese cabbage, carrot & chicken salad

Preparation 30 mins | Serves 4

This salad can be made up to the end of step 1, one day in advance and stored, covered in the fridge. Drizzle with dressing just before serving.

- ½ small Chinese cabbage, trimmed and finely shredded
- 2 Lebanese cucumbers, peeled, halved, deseeded and sliced
- 1 large carrot, shredded
- ½ barbecued chicken, skin and bones discarded, flesh shredded
- 1 cup coriander leaves, roughly chopped
- 1 cup mint leaves, roughly chopped
- ⅓ cup roasted peanuts, chopped

Lime & chilli dressing

- ¼ cup fish sauce
- 2 tbs palm or brown sugar
- 2 tbs lime or lemon juice
- 2 small red chillies, deseeded and finely chopped

STEP 1 Place cabbage, cucumbers, carrot, chicken, coriander and mint into a large bowl.

STEP 2 Combine dressing ingredients in a screw-top jar and shake until well combined. Just before serving, drizzle dressing over salad. Add peanuts, gently toss to combine and serve.

Good for you... **CHINESE CABBAGE**

Chinese cabbage is a good source of folate, a B vitamin that is needed for normal cell division and growth and development in children. A good source of vitamin C, which contributes to reducing tiredness.

