

# Vietnamese chilli chicken salad



## Vietnamese chilli chicken salad

Preparation: about 20 minutes

Cooking: about 10 minutes

Serves: 4

2 tbs tomato sauce  
2 tbs sweet chilli sauce  
2 tbs olive oil  
500g chicken mince  
2 garlic cloves, finely chopped  
4 green onions (shallots), trimmed and thinly sliced

1 carrot, shredded or coarsely grated  
1 cup coriander leaves, chopped  
1 cup bean sprouts, trimmed  
Salt and ground black pepper  
1 red bird's eye chilli, deseeded and thinly sliced

### To serve:

1 small iceberg lettuce, leaves trimmed and leaves separated  
Mint and coriander leaves  
lime wedges

1. Combine tomato and sweet chilli sauces in a jug. Heat oil in a wok over high heat. Add chicken and stir-fry, breaking up any lumps of mince, for 4-5 minutes or until white and cooked through. Add garlic, green onions and carrot. Stir-fry for 1 minute. Add tomato sauce mixture, coriander and bean sprouts. Stir-fry for 1 minute. Season with salt and pepper to taste. Set aside to cool slightly.
2. To serve, place chicken mixture into a serving bowl. Sprinkle with red chilli. Serve with lettuce leaves, mint and coriander leaves and lime wedges. (Note, spoon chicken onto lettuce leaves, top with mint and coriander, drizzle with lime juice and roll up).



### Coriander

- Contains dietary fibre, vitamin C and iron, but the quantities are only likely to be significant if you consume a lot of coriander, as may occur with something like coriander pesto.
- A source of antioxidants that may help keep us healthy.