

White asparagus & chicken salad with Japanese dressing



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Preparation: about 20 minutes

Cooking: about 20 minutes

Serves: 4

You'll need about 14 spears white asparagus.

2 cups chicken stock

4 x ½ cm thick slices fresh ginger

3 small chicken breast fillets

500g white asparagus, trimmed and stems peeled

150g snow peas, trimmed

3 green onions (shallots), finely sliced diagonally

75g mizuna or baby Asian salad leaves

Micro* coriander leaves and fried shallots, to serve (optional)

Japanese dressing

2 tbs mirin

2 tbs salt reduced soy sauce

1 tbs peanut oil

1 tbs caster sugar

Micro* coriander leaves

1. Heat stock and ginger in a covered medium frying pan over medium heat until just simmering. Add chicken and cook, turning occasionally, for 10 minutes until just cooked through. Using tongs, transfer chicken to a plate.
2. Add asparagus to the simmering stock in the pan and cook for 4–5 minutes until just tender. Transfer asparagus to a colander and refresh in cold water. Add snow peas to pan and cook for 1 minute. Refresh in cold water.
3. Shred cooled chicken and place in a large bowl. Add asparagus, snow peas, green onions and salad leaves. Toss to combine.
4. To make dressing, combine all ingredients in a screw-top jar. Shake until well combined. Drizzle dressing over salad. Gently toss. Arrange salad on a serving platter. Sprinkle with micro coriander and fried shallots if using, and serve.

** Micro herbs and greens – baby-leafed with a delicate flavour, available from quality greengrocers.*