



Just Recipes.

Thai Chicken Salad with Sesame Noodles

Ingredients

Serves 2

2 x 7 oz [200 g] chicken breasts
sea salt and freshly ground black pepper
vegetable oil, for grilling
5 oz [150 g] snow peas (mange-tout), trimmed
½ cup [125 ml] fresh coriander leaves
¼ cup [60 ml] fresh basil leaves
1 long red chili, seeded and chopped

For the dressing

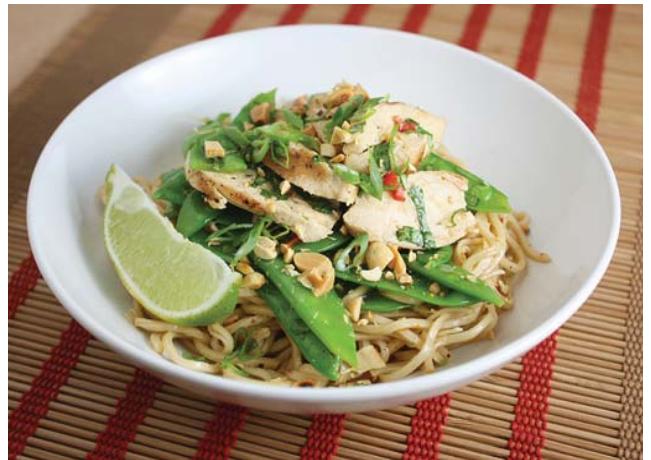
1 tbsp [15 ml] lime juice
1 tbsp [15 ml] fish sauce
2 tsp [10 ml] brown sugar

For the noodles

6 oz [170 g] dried egg noodles
2 green onions, sliced
2 tbsp [30 ml] soy sauce
1 tbsp [15 ml] sesame oil
1 tbsp [15 ml] peanut or vegetable oil

To serve

chopped peanuts
fresh limes



Method

Heat a grill pan over medium-high heat. Brush vegetable oil over the chicken breasts, then sprinkle with sea salt and freshly ground black pepper. Grill the chicken breasts for 3 to 4 minutes on each side or until cooked through. Let the chicken breasts cool on a plate while you make the salad.

Place the snow peas in a heat-proof bowl with a splash of water. Cover with plastic wrap and steam in the microwave for 1 minute. Rinse under cold running water, dry with a clean kitchen towel or paper towels. To make the dressing, whisk the lime juice, fish sauce and sugar until combined. Slice the chicken breasts diagonally and place in a large bowl. Add the snow peas, fresh coriander, fresh basil and chopped red chili. Toss with the dressing and reserve.

Bring a large pot of water to the boil and cook the egg noodles until al dente. Drain the noodles and put back into the pot. In a small bowl, mix the green onions, soy sauces, as well as the sesame and peanut oils. Pour over the warm noodles and toss well.

Divide the noodle between two serving bowls, then top with the chicken salad. Sprinkle with chopped peanuts and freshly squeezed lime juice.

Recipe Credit: Inspired by two recipes from Donna Hay's 10-Minute Meals.

Photo Credit: Marie Asselin

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