Vietnamese Chicken

Preparation time

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Serves

4

Recipe courtesy of

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Ingredients Method Nutrition

2 carrots, julienned

1 handful red cabbage, finely sliced

3 eschallots finely sliced

1 small garlic clove, finely sliced

100ml rice vinegar

1 tbsp caster sugar

3 fresh limes, juiced

1 cup long-grain rice

2 cups water (for rice)

500g of chicken breast (approx 2 small breasts), poached slowly and shredded

additional water (to poach chicken)

piece of ginger (sliced)

1 bunch coriander – tops for salad; use the root to flavour poaching water

2 Lebanese cucumbers, quartered lengthways and chopped

100g roasted unsalted cashews, roughly crushed

1 handful mixed lettuce

fish sauce to taste

1. Combine carrot, cabbage, eschallots and garlic with rice vinegar, caster sugar and juice of 1 lime, allow to stand for at least 20 minutes.
2. Place rice and water into a saucepan. Bring to boil and cover for 10 minutes or until tender. Drain and set aside.
3. In a second saucepan, cover chicken in water and add sliced ginger, and the off-cut root section of the coriander. Poach chicken until cooked (approximately 15 minutes, cooking time will vary depending on thickness of chicken breast). Shred chicken when c
4. Serve rice, adding chicken, then carrot/eschallot mix with some of the liquid, then coriander, cucumber, and cashews.
5. Season to taste with fish sauce and more fresh lime juice, and add mixed lettuce.

Nutritional information is provided per serve

Engery	2049 kJ (490 calories)
Protein	41g
Saturated Fat	3.7g
Total Fat	18g
Carbohydrates	34g
Sugars	12.5g
Dietary Fibre	8.3g
Sodium	236mg