

## **Thai Chicken Salad**

**Serves 4**

### **Time Estimate**

Hands-on, 30 minutes

### **Dressing Ingredients**

½ cup rice wine vinegar

½ cup water

2 tablespoons sugar

### **Chicken Salad Ingredients**

6 ounces (175 gm) uncooked Chinese rice noodles

½ head iceberg lettuce, finely shredded

4 plum tomatoes, seeded and finely diced

1 tablespoon chopped fresh cilantro

¼ teaspoon freshly ground sea salt

1 teaspoon light olive oil with a dash of toasted sesame oil

4 green onions, separated into white and green parts, both cut into ¼-inch (0.75 cm) pieces

4 quarter-size fresh gingerroot, chopped

2 cloves garlic, bashed, peeled, and chopped

12 ounces (350 gm) boneless, skinless, chicken breast, sliced lengthwise into ¼ x 2-inch (.75x5-cm) strips

1/8 teaspoon red pepper flakes

1 cup bean sprouts

juice of 1 large lime

### **Garnish Ingredients**

½ cup uncooked long-grain white rice

1 thin (3x¼-inch or 8x.75-cm) slice fresh gingerroot

1 tablespoon chopped fresh cilantro

### **Dressing Directions**

In a medium bowl, combine the ingredients for the dressing and set aside.

### **Garnish Directions**

Add the rice and ginger to a small, dry pan and cook over medium heat, stirring frequently, until the rice turns nutty brown. Transfer to a small coffee mill, grind to a coarse texture, and set aside.

### **Chicken Salad Directions**

Cook the rice noodles according to the package instructions. Drain and run under cold

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## **Thai Chicken Salad, continued**

water to stop the cooking process; keep moist. Let the noodles sit in a sieve or colander for 5 minutes, allowing any excess moisture to drain.

Combine the noodles with the lettuce, half of the tomatoes, half of the dressing, the cilantro, and the salt.

Pour the oil into a large skillet or wok over medium-high heat. Add the white parts of the green onions, the gingerroot, and garlic, and cook for 1 minute. Add the chicken strips and red pepper flakes, and cook for 6 minutes. Add the green onion tops, the remaining tomatoes, and the bean sprouts, and cook for 1 minute, stirring frequently. Add the remaining dressing and the limejuice, and remove the pan from the heat.

To serve: Divide the noodle mixture among 4 deep bowls and top with equal amounts of the chicken salad. Sprinkle each portion with cilantro and 1 teaspoon of the ground rice garnish.