

MasterFoodsTM

PROFESSIONAL

Thai-Style Chicken Salad
RECIPE

Thai-Style Chicken Salad



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TIME

15-20 MINS

INGREDIENTS

10 items

MAKES

4 servings

Try this fresh, tasty Thai-style chicken noodle salad with Chilli & Lime dressing. Everything can be prepped the day before, making it easy to assemble just before you need to serve.
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INGREDIENTS

- 2 medium chicken breasts
- 500 ml of vegetable stock
- 3 tbsp. sesame seeds, lightly toasted
- 1 medium carrot, shredded with a julienned peeler
- 1 medium carrot, shredded with a julienned peeler
- Red cabbage, finely sliced
- 160 g rice noodles
- Handful of fresh coriander leaves
- Handful of fresh mint leaves
- 1/3 cup MasterFoods™ Professional Chilli And Lime Dressing, plus extra for serving

PRODUCTS USED



MasterFoods Professional Gluten Free Chilli and Lime Salad Dressing 3L

[SEE DETAILS](#)

Cooking Instructions:

1. 1
Place stock in deep saucepan and bring to a boil over a medium-high heat.
2. 2
Add chicken breasts in whole and turn the heat down to a gentle simmer and poach the chicken for 15-20 minutes or until cooked through. Remove from stock, set aside and cover with foil until needed. If making ahead of time, chill down until needed.
3. 3
Cook the rice noodles as per manufacturer's instructions on the packet, then drain.
4. 4
To assemble the salad, mix the noodles with the carrots, cabbage and cucumber with 2 tbsp. of the dressing and divide into shallow bowls.
5. 5
Shred or slice the chicken breast and place over the salad. Drizzle the remaining dressing and sprinkle over the sesame seeds.
6. 6
Garnish with a generous amount of fresh herbs and serve with extra dressing on the

side.

Tips:

1. 1
Add roasted and lightly crushed peanuts for extra crunch.
2. 2
Also great with MasterFoods™ Professional Sweet Thai Chilli Sauce or a soy-based dressing.
3. 3
Replace chicken with firm tofu for a vegan option

More Menu Ideas



[Choc-Berry Bircher Muesli](#)

Cooking time

10 min

Ingredients

11 items

[SEE DETAILS](#)



[Shredded Barbecue Chicken Pancakes](#)

Cooking time

60 MINS

Ingredients

8 items

[SEE DETAILS](#)



[Gua Bao Buns](#)

Cooking time

10 min

Ingredients

11 items

[SEE DETAILS](#)



[New York Inspired Tagliatelle Pasta](#)

Cooking time

15 minutes

Ingredients

9 items

[SEE DETAILS](#)

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