

Chicken Salad Recipe

Ingredients: Serves 4

700g chicken breast
1 tablespoon oil
4 shallots, thinly sliced
1 stalk lemongrass
2 cloves garlic, minced
½ teaspoon pepper
1 teaspoon fish sauce (nam pla)
1 teaspoon lime juice
1 teaspoon salt
3 red chilies, sliced
1 head of lettuce, leaves separated, rinsed, and dried
60g mint leaves
1 cucumber, skinned and cut into 2-inch pieces
1 carrot, skinned and cut into 2-inch pieces
3 runner beans, de-veined and cut into 2-inch pieces
2 stalks scallions, cut into 2-inch pieces

Method:

De-bone and skin the chicken and remove any cartilage, then cut the breasts into bite-sized pieces. Heat some water in a pot and boil the chicken pieces until they are cooked. Remove and mince. Heat 1 tablespoon of oil in a wok or deep pan. Sauté the shallots until they become transparent. Add the chicken and keep stirring, separating the minced meat to prevent clumping. The mince is ready when it is slightly browned and evenly coated. Set aside. Cut off the white stem of the lemongrass and discard the leaves. Trim off the root end and slice the white stem into rounds. Put the garlic, lemongrass, pepper, fish sauce, lime juice and salt into a food processor and grind into a coarse paste. Add this mixture to the cooked chicken and combine it with the sliced chilies. Toss well. Serve the mince mixture with lettuce, mint, cucumber, carrots, runner beans and scallions on the side.