

Shredded Chicken and Cabbage Salad Recipe

Ingredients:

1 large or 2 small chicken breasts (about 250 g), poached until cooked, then shredded into thin strips
1/2 small head cabbage (about 500 g), sliced into shreds to yield 4 cups
1 large carrot, coarsely grated to yield 2 cups
20 g mint leaves
1 shallot, peeled, halved and very thinly sliced
4 tablespoons chopped roasted unsalted peanuts
Sprigs of coriander (cilantro) leaves, to garnish
2 tablespoons crispy fried shallots, to garnish

Dressing:

1 to 2 finger-length chilies, deseeded and minced
3 cloves garlic, minced
1 tablespoon sugar
1 tablespoon rice vinegar or cider vinegar
3 tablespoons freshly squeezed lime (calamansi) or lemon juice
3 tablespoons fish sauce
3 tablespoons oil
1/4 teaspoon freshly ground black pepper

Crispy Fried Shallots:

4 tablespoons oil
6 shallots, peeled and thinly sliced

Method:

Combine the shredded chicken, cabbage, carrot, mint leaves and shallot in a large serving bowl. Set aside. Mix the dressing ingredients in a bowl until the sugar is dissolved, then pour the dressing over the vegetables and toss until well combined. Top the salad with peanuts and garnish with coriander (cilantro) leaves and crispy fried shallots (if using). Serve immediately.

Crispy fried shallots:

Heat the oil in a wok or skillet over medium heat and stir-fry the shallots for 2 to 3 minutes, until golden brown and crispy. Remove from the pan and drain on paper towels. Keep immediately in a sealed jar to retain crispness.