

Amazing Asian Chicken Salad

Jacob · 30/09/2024



Prep Time

30 mins

Difficult

Medium

Servings

1 hr 35 mins

Description

This is a little like a slaw I came up with this really wanting Asian Chicken Salad and I got something even better This recipe is really something Top with crispy noodles and enjoy

Ingredients

- - ¼ cup rice vinegar - ¼ cup sesame oil - 3 green onions
- chopped - 2 cloves garlic
- minced - 2 tablespoons white sugar - 2 tablespoons ground ginger - 2 tablespoons soy sauce - 1 tablespoon vegetable oil - 1 teaspoon ground coriander - 2 teaspoons prepared yellow mustard - 4 skinless
- boneless chicken breast halves - ¼ medium head shredded green cabbage - ¼ medium head shredded red cabbage - 2 large carrots
- shredded - 3 green onions
- chopped - ½ bunch cilantro
- coarsely chopped leaves - ½ cup slivered almonds

Instructions

1. Whisk together the rice vinegar
2. sesame oil
3. 3 green onions
4. garlic
5. sugar
6. ginger
7. soy sauce
8. vegetable oil
9. coriander
10. and mustard in a mixing bowl until the sugar has dissolved. Pour half of the dressing into another container
11. and refrigerate for later. Place the chicken breasts into the remaining dressing
12. and coat on all sides. Cover
13. and refrigerate 30 minutes to 1 hour. Preheat an oven to 350 degrees F (175 degrees C). Remove the chicken breasts from the marinade
14. and shake off excess. Discard the remaining marinade. Place the chicken into a baking dish. Bake the chicken breasts in the preheated oven until no longer pink in the center and the juices run clear
15. about 45 minutes. An instant-read thermometer inserted into the center should read at least 165 degrees F (74 degrees C). Remove from the oven
16. and allow to cool. Shred the chicken using 2 forks and set aside. To assemble the salad
17. combine the green cabbage
18. red cabbage
19. carrots
20. 3 green onions
21. cilantro
22. almonds
23. and cooled chicken in a large mixing bowl. Pour the reserved dressing overtop and toss to coat.