



Vietnamese Chicken, Noodle Salad

Ingredients

A packet of baby spinach
Two handfuls of cherry tomatoes
¼ Lebanese cucumber sliced
One small avocado chopped
Half a raw capsicum chopped finely
½ packet of Japanese Soba noodles
600 grams of chicken breast
Oil for cooking
¼ cup chopped Mint
¼ cup chopped Coriander



Dressing

2 Tbsp sweet chilli sauce
1 Tbsp rice vinegar (or sushi seasoning)
1 Tbsp lime juice
1 Tbsp peanut oil
1 teaspoon fish sauce

1. Measure all ingredients for dressing into screw top jar and then shake to combine
2. Cook soba noodles in saucepan of boiling water according to directions on packet. Drain and rest until cooled.
3. Cut chicken into pieces and cook in non-stick frying pan (lightly oiled) over medium to high heat until cooked through. Leave in pan with lid on to keep warm
4. Chop the cucumber, avocado and capsicum and toss with the spinach and cherry tomatoes.
5. Spread salad mixture onto large serving platter and toss noodles over the top. Spread chopped herbs atop noodles and then place pieces of chicken evenly on the plate. Pour salad dressing over the top.
6. Eat and enjoy. Note salad dressing quantities can be adjusted for more tart / sweeter dressing. Use less noodles if keeping to low carb intake. Great for lunches the next day too. Use seasonal salad items- most items will work well.