

Vietnamese Chicken Noodle Salad

Ingredients

- 1 Chicken Breast, poached and shredded
- 2 whole green onion
- ½ cup oil
- 1 whole lime, cut to wedges
- 2 cloves garlic, peeled and minced
- 2 stalk tender celery, thinly sliced
- 1 cup chopped cilantro
- ¾ cup toasted white sesame seeds
- Save some cilantro, basil and mint leaves for garnish
- 5 slices ginger
- 1 package (6-8 oz) vermicelli noodles
- 3 tablespoons lime juice
- 3 tablespoons fish sauce
- Salt and ground pepper for seasoning
- 1 medium carrot, thinly shredded
- ¼ cup each chopped basil and mint leaves

Preparation

1. Soak the vermicelli noodles in warm water for 10 minutes, cut the noodles shorter
2. Add 1 tablespoon of salt, ginger slices and green onions to a medium pot of water, bring to boil
3. Add the chicken, cook for 15 minutes. Remove from the heat, and cover
4. Prep all vegetables and herbs accordingly
5. Remove the chicken from the pot, let cool and shred the meat
6. In a medium pot, fill the water halfway and bring to boil
7. Add the vermicelli noodles and cook until softened, approximately 7 minutes
8. Remove the vermicelli noodles from the pot and rinse with cold water, let drain.
9. In a large bowl, combine all vegetables, herbs, noodles and chicken.
10. Season the mixture with salt, pepper, lime juice, fish sauce and half sesame seeds, mix well
11. Garnish with lime wedges, and sprinkle the remaining sesame seeds on top



Healthy recipe contributed by culinary author Ting Gee, who has taught at Culinary Concepts for 10 years.