

Vietnamese Salad with Chicken

You can easily substitute shrimp or tofu for the chicken. As there are multiple ingredients, if your market doesn't carry a few items, such as lemongrass or tamarind paste, it's fine to skip them; this salad will be loaded with flavor.

Serves: Two **Prep Time:** 25-30 Minutes

Ingredients:

1 Tbsp avocado oil

¾ pound chicken breast, very thinly sliced

¼ tsp sea salt

1 stalk lemongrass, trim the top and base of the stalk—use only the bottom 3 inches; peel off any dry or tough outer layers, then mince

1 tsp ginger root, peeled and diced

Salad:

2 cups cabbage, thinly sliced

2 medium carrots, grated

1 cup daikon radish (1 small daikon radish), grated

¼ cup fresh basil, chopped

¼ cup mint, chopped

¼ cup fresh cilantro, chopped

Dressing:

2 Tbsp macadamia nut oil

Juice of 1 lime (~ 3 Tbsp)

1 tsp Tamarind paste

2 tsp sesame oil

½ tsp Tamari sauce

1 tsp honey

Garnish: 2 tsp sesame seeds

Directions:

Heat a sauté pan to medium-high heat, add oil, then chicken (or other protein), salt, lemongrass, and ginger root. Stir occasionally until lightly browned, about 6-7 minutes, then set aside.

Combine salad ingredients in a serving bowl. Whisk dressing ingredients until mixed. Toss with the salad and chicken. Garnish with sesame seeds and serve.

Enjoy!

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