

Clean Eating

SATAY CHICKEN ZOODLE SALAD



2 servings



20 minutes

INGREDIENTS

Poached chicken

- 200g chicken breast (1 large chicken breast)
- Salt, to taste
- Pepper, to taste

Salad

- 2 zucchinis
- 1 carrot
- 1/4 small purple cabbage
- 20g roasted peanuts, chopped

Dressing

- 2 tbsp natural peanut butter
- 1 tbsp rice vinegar
- 1 tbsp fish sauce
- 1 tbsp soy sauce
- 1/4 tsp garlic powder
- 1/2 tsp curry powder
- 1.5 tsp monk fruit sweetener
- 1-2 tbsp water

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DIRECTIONS

Poach chicken

- Place chicken breast in a pot and sprinkle a generous amount of salt and pepper all over.
- Fill the pot with enough cold water to fully submerge chicken.
- Turn heat to medium-high and bring the water to a boil.
- As soon as the water starts boiling, reduce heat to low. Cover the pot and let simmer for 8–10 minutes or until the thickest part of the chicken breast registers 75°C / 165°F on an instant-read thermometer.
- Transfer chicken to a clean container and let rest for 5 minutes then shred with two forks.

Prepare salad

- Spiralize zucchinis using a spiralizer or a mandolin with a julienne blade. Julienne carrot and thinly slice cabbage.
- Make the dressing by combining all ingredients for the dressing except for water in a bowl and mix until combined.
- Add 1 tbsp of water and mix again until smooth. If you want a thinner dressing, add an extra 1 tbsp of water and mix again.
- Divide zucchini, carrot and cabbage into two servings and add to serving bowls. Top each with shredded chicken and chopped peanuts and drizzle with dressing. Mix well before eating.
- Enjoy!

NOTES

Feel free to substitute chicken with any other protein of choice eg. tofu, shrimps, pork.

This salad is very versatile. Feel free to add or substitute any vegetables you have on hand instead of carrot and red cabbage eg. lettuce, cucumber etc.

If meal-prepping, store vegetables and chicken separately from dressing and peanuts. Assemble immediately before eating.

CREDIT: chloeting.com