


Thai Chicken Salad

Recipe By *Elky Friedman*



Cooking and Prep:  40
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Serves:  4

Contains:  

Preference: Meat

Difficulty: Easy

Occasion: Shabbat

Diet: Low Carb, Sugar Free

Source: Whisk by Ami
Magazine

Cuisines: Thai

I got really lucky with this salad! I created it, tested it, and got it right on the very first try! That almost never happens. The combination of ingredients just worked so well...the taste was just what I had envisioned. It certainly was a favorite of mine right away. It has a certain flavorful tang that I haven't tasted in many other salads. It's also really easy to prepare, making it great for either dinner or a healthy addition to a Shabbos meal.

Ingredients (16)

Chicken

- 1 pound chicken cutlets
- 1 tablespoon **Tuscanini Balsamic Vinegar**
- 1 teaspoon **Gefen Soy Sauce**
- 1 clove garlic, minced

1/2 teaspoon black pepper

Salad

1 (8-ounce) bag chopped Romaine lettuce (and/or arugula)

1/2 (16-ounce) bag shredded red cabbage

3 scallions, sliced

2 carrots, julienned

1 avocado, cubed

Dressing

3 tablespoons lemon juice

2 tablespoons water

2 tablespoons **Gefen Soy Sauce**

2 tablespoons **Gefen Olive Oil**

2 cloves garlic, minced

1/4 teaspoon pepper

Start Cooking

Prepare the Chicken

1. Place the chicken cutlets in a baking pan. In a small bowl, combine balsamic vinegar, soy sauce, garlic, and black pepper. Pour over chicken. Let marinate 15 minutes.
2. Preheat oven to broil. Broil chicken for six minutes on each side. Remove from oven and let cool. Cut into cubes and set aside.

Prepare the Dressing

1. In a small bowl, combine all ingredients. Set aside.

To Serve

1. In a large bowl, combine lettuce, red cabbage, scallions, carrots, and avocado. Toss with

dressing. Add cubed chicken and serve.