



Chinese Chicken Salad

Prep Time: 30 minutes

Cook Time: 10 minutes

Total Time: 40 minutes

Servings: 4

Serving Size: ¼ of recipe

Ingredients:

1 ¼ pound organic, free range chicken breast, thinly sliced into ¼ inch strips
2/3 a medium head red cabbage, very thinly sliced
2 medium carrots, shredded
5 green onions, green and white parts, diced
5 tablespoons coconut aminos
1 tablespoon honey or agave, divided
2 cloves garlic
1 ½ inches fresh ginger, peeled and sliced
1/3 cup cilantro, tightly packed
¼ cup creamy natural almond butter
2 tablespoons fresh lime juice
1 tablespoon coconut oil, divided
1 ½ tablespoons sesame oil
1/3 cup almonds, chopped

Directions:

1. In a large salad bowl combine cabbage, carrots and scallions. Then add 2 heaping tablespoons coconut aminos, drizzle 1/2 tablespoon honey or agave, and a generous pinch of salt. Toss well, then set aside to marinate for 20 minutes or up to 2 hours while you get the remainder of the ingredients ready. Toss occasionally.
2. Add the garlic and ginger to a food processor and pulse until well minced, then scrape down the sides of your food processor bowl and add the cilantro. Pulse again until thoroughly chopped.
3. Scrape down the sides again and add the almond butter, 2 tablespoons hot water, lime juice, sesame oil, 3 tablespoons coconut aminos, and 1/2 tablespoon agave. Pulse again until well combined, scraping down the sides as needed.
4. Add coconut oil to a large skillet over medium-high heat, tilting to coat the pan. Then add the sliced chicken breasts and cook for about 2 minutes each side or until fully cooked and slightly browned.
5. Toss the cabbage mixture well, add the cooked chicken breast and then pour most (reserve about 2-3 tablespoons) of the prepared dressing on top and mix well until full combined.
6. Taste and add dressing as desired. Serve!

Tips and Tricks:

This salad holds up really and doesn't wilt easily after it's dressed so feel free to make this salad a few hours ahead of time or enjoy leftovers the next 2 days following your meal.

Nutritional Information Per Serving:

Calories: 429.4
Fat: 21.2 g
Cholesterol: 68.8 mg
Sodium: 886.5 mg
Total Carbohydrate: 20.6 g
Dietary Fiber: 4.8 g
Sugars: 8.3 g
Protein: 40.7 g