

Tangled Thai Chicken Salad

Dinner Recipe

Just chop and toss! This Thai chicken salad is prepared in 15 minutes with no cooking time. It's crunchy, zesty, super nutritious and insanely delicious! Perfect for a family dinner, or why not make it on Sunday night as there will be enough for easy Monday leftovers the next day!

★★★★☆ 3.28 from 11 votes



PREP TIME

15 mins

COOK TIME

0 mins

TOTAL TIME

15 mins



COURSE

Dinner, Salad

CUISINE

Thai

SERVINGS

4



CALORIES

385 kcal

INGREDIENTS

For the Thai salad dressing

- 1 clove garlic minced.
- 1/2 teaspoon chilli flakes
- 1 lime juiced.
- 2 tablespoons tamari
- 2 teaspoons I Quit Sugar Organic Rice Malt Syrup.

For the thai salad

- 1 cup kale finely shredded.
- 1 carrot large, julienned.
- 1 small napa cabbage.
- 1 red capsicum
- 1 cup fresh mint leaves picked.
- 1 cup fresh coriander leaves picked.
- 400 g roast chicken shredded

For the garnish

- 1/2 cup cashews roasted

- 1/4 cup coconut flakes

INSTRUCTIONS

1. Add all ingredients for the salad dressing into a large mixing bowl. Whisk to combine.
2. Add the ingredients for the salad into the bowl and toss to combine.
3. Serve the salad into four bowls, then top with nuts and coconut flakes to serve.

NOTES

How to use your leftovers and skip cooking the next day!

This Thai salad recipe is the perfect vehicle to use up leftover produce. We also love adding in finely shredded broccoli florets, thinly sliced snow peas, herbs like flat-leaf parsley and chives and diced cucumber.



KEYWORD

Quick

Tangled Thai Chicken Salad Dinner Recipe by 28 By Sam Wood. <https://28bysamwood.com/recipes/healthy-tangled-thai-salad-recipe/>