

# VIETNAMESE CHICKEN AND MINT SALAD

by Nigella. Featured in **NIGELLA BITES**

## INTRODUCTION

When it comes to chicken, I am very much a thigh than a breast person, but this salad makes me happily relish the white meat. Indeed, I am always happy to roast a chicken, eat the brown meat, and leave the chicken breast to be stashed in the fridge just for this. But obviously, you can use whatever leftover chicken you have; it's also lovely with some small, cooked prawns or little brown shrimp.

This does make a lot, but I find it all too easy to get through!

For US cup measures, use the toggle at the top of the ingredients list.



Photo by Francesca Yorke

## INGREDIENTS

Serves: 2-4

- 1 hot thai chilli (seeded and minced)
- 1 fat clove garlic (peeled and minced)
- 1 tablespoon granulated sugar
- 1½ teaspoons rice wine vinegar
- 1½ tablespoons fresh lime juice
- 1½ tablespoons thai fish sauce (nam pla) (or nuoc nam)
- 1½ tablespoons vegetable oil
- ½ medium onion (finely sliced)
- black pepper
- 200 grams shredded white cabbage
- 1 medium carrot (shredded or grated)
- 200 grams cooked chicken breasts (shredded or cut into fine slices)
- 1 fat bunch of mint (about 40g / 1½ cups leaves) finely chopped

## METHOD

1. In a bowl, combine the chilli, garlic, sugar, vinegar, lime juice, fish sauce, oil, onion and black pepper to taste. Put to one side for half an hour.
  2. Then in a big plate or bowl, mix the cabbage, carrot, chicken and mint.
  3. Pour over the onion-soused, chilli-flecked dressing and toss very well — slowly and patiently — so that everything is combined and covered thinly.
  4. Taste to see if you need salt or pepper.
  5. Serve on a flat plate with maybe a bit more mint chopped on top.
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## ADDITIONAL INFORMATION

### MAKE AHEAD / STORE:

The finished salad is best eaten on the day it is made. The dressing can be made a day ahead. Store in the fridge in a tightly sealed container until ready to use.

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