

Thai Chicken Salad

Ingredients

- 400g minced chicken (buy minced or whizz chicken thigh fillets in a food processor)
- 100ml chicken stock
- a thumb-sized piece root ginger , grated
- 2 garlic cloves , finely chopped
- 1 stalk lemon grass , woody outer leaves removed, finely chopped
- 2 red chilli , finely chopped
- 2 tbsp fish sauce
- 3 tbsp lime juice
- a small handful mint and coriander leaves
- Little Gem lettuce leaves and cucumber batons to serve



Method

- Cook the chicken in the stock in a frying pan until it turns white and the stock evaporates. Add the ginger, garlic, lemongrass and chilli and keep cooking for another 3 minutes. Take off the heat and stir in the fish sauce and lime juice.
- Stir in the herbs and serve with lettuce leaves and cucumber batons.

Nutrition Per serving

Energy 128 kcal; protein 23.3g; carbohydrate 1.9g; fat 3.1 g; saturated fat 1.1g; fibre 0.2g; salt 1.83 g