Chinese Chicken Salad Recipes

Prep 15 min | Cook 20 min | Total 40 min | Serves 4



INGREDIENTS

- 1 1/2 lb (680 g) boneless skinless chicken breasts
- 1 tbsp (15 ml) neutral oil
- 1/4 tsp black pepper
- 4 cups (280 g) shredded napa cabbage
- 1 carrot (100 g), shredded
- 1 cucumber (200 g), sliced
- 3 scallions, sliced
- 2 tbsp (18 g) toasted sesame seeds
- 3 tbsp (45 ml) alcohol-free soy-style seasoning
- 2 tbsp (30 ml) apple cider vinegar
- 1 tbsp (21 g) honey
- 1 tsp sesame oil

COOKING NOTES

Use fully thawed chicken and alcohol-free soy-style seasoning. Measure ingredients before cooking. Keep raw poultry, utensils and ready-to-eat foods separate.

SERVING SUGGESTION

Divide into four portions. Serve with rice or vegetables; noodle soup and salad can be served as complete meals.

DONENESS CHECK

Check the thickest center of each chicken portion with a food thermometer: it must reach 165°F (74°C). Keep the probe away from bone. Cooking time and color alone cannot confirm safety.

Chinese Chicken Salad Recipes

Prep 15 min | Cook 20 min | Total 40 min | Serves 4

METHOD

1. Split chicken breasts into even cutlets and season with pepper.

2. Heat neutral oil in a skillet; cook cutlets 5-7 minutes per side until the center reaches 165°F (74°C). Transfer to a clean plate and rest 5 minutes.

3. Whisk soy-style seasoning, vinegar, honey and sesame oil into a dressing.

4. Slice cooked chicken. Combine cabbage, carrot, cucumber and scallions in a large bowl.

5. Toss vegetables with dressing, top with chicken and sesame seeds and serve immediately.

TIPS

- Cut chicken evenly.
- Keep measured sauce ingredients ready before heating the pan.
- Verify doneness with a food thermometer.

STORAGE, FREEZING & REHEATING

Refrigerate: Refrigerate in shallow covered containers within 2 hours, or within 1 hour above 90°F (32°C). Store at 40°F (4°C) or below and use within 3-4 days. Keep fresh vegetables and garnishes separate.

Freeze: Freeze cooked chicken separately for up to 2 months. Do not freeze the assembled fresh salad.

Reheat: Serve freshly cooked chicken warm, or chill promptly and serve cold. Reheat chicken separately to 165°F (74°C) if desired.