



## Vietnamese Chicken Salad with Brown Rice

Peanuts & Shallots



20-30min



2 Servings

A refreshing mix of shredded chicken over crisp cabbage, carrots, and shallots is one of the Vietnam's most popular salads and comes together in a flash! We toss thin ribbons of raw vegetables in a sweet and savory lime dressing, then layer on the chicken, peanuts, cilantro, and homemade fried shallots. With steamy brown rice alongside, this hearty and healthy dish is welcome at our table any time.



## What we send

- 1 shallot
- 1 lime
- ¼ oz fresh cilantro
- 1 oz salted peanuts <sup>5</sup>
- 1 carrot
- 2 (½ oz) fish sauce <sup>4</sup>
- 10 oz pkg chicken breast strips
- 5 oz quick-cooking brown rice
- 1½ lbs green cabbage

## What you need

- kosher salt & ground pepper
- sugar
- neutral oil
- distilled white vinegar (or apple cider vinegar)

## Tools

- small saucepan
- microplane or grater
- medium skillet

## Cooking tip

When frying, make sure your oil is hot: it should reach 350°F with an oil thermometer. Or drop a pinch of flour into the oil—it should sizzle vigorously. Careful, oil may splatter while frying!

## Allergens

Fish (4), Peanuts (5). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

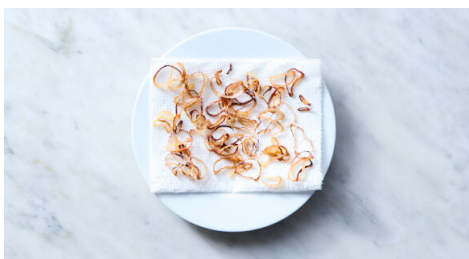
## Nutrition per serving

Calories 930kcal, Fat 32g, Carbs 115g, Protein 52g



### 1. Cook brown rice

Bring a small saucepan of **salted water** to a boil. Add **rice** and boil (like pasta), stirring occasionally, until just tender, about 22 minutes. Drain rice in a fine-mesh sieve and set aside for serving.



### 4. Fry shallots

Heat **2 tablespoons oil** in a medium skillet over medium-high until shimmering. Add **half of the shallots** and fry, stirring frequently, until golden and crisp, 1-2 minutes. Use a slotted spoon to transfer to a paper towel-lined plate; sprinkle with **salt**. Set aside until ready to serve. Reserve **oil** in skillet.



### 2. Prep ingredients

Thinly slice **shallot**. Quarter **cabbage** lengthwise, then shred crosswise. Zest **half of the lime** into a medium bowl, then juice **all of the lime** into same bowl. Pick **cilantro leaves** from **stems**; thinly slice stems. Using a mallet or rolling pin, crush **peanuts**. Using a vegetable peeler, peel **carrot** into ribbons; halve ribbons crosswise.



### 5. Cook chicken

Add **chicken** to skillet, still over medium-high heat, in single layer. Cook, undisturbed, until golden brown on bottom, about 3 minutes. Flip chicken and cook, undisturbed, until cooked through, about 3 minutes more. Transfer to a cutting board.

Using 2 forks, shred chicken into ½-inch pieces.



### 3. Make dressing

To bowl with **lime juice**, add **all of the fish sauce, cilantro stems, 2 tablespoons sugar, 1 tablespoon oil, and 1-2 teaspoons vinegar (to taste)**. Season to taste with **salt** and **pepper**.

Pat **chicken** dry; season all over with **salt** and **pepper**.



### 6. Assemble & serve

To bowl with **dressing**, add **cabbage, carrots, and raw shallots**; toss to coat. Divide between serving plates, if desired. Top **salad** with **chicken, fried shallots, peanuts, and cilantro leaves**. Serve with **rice** alongside. Enjoy!