



## Chinese Chicken Salad

This salad requires a few steps so make sure you have some time to prepare it. For starters you will be marinating the chicken breasts for at least 30 minutes. You then need to roast the chicken. The final flavor is astonishing and well worth the steps! You will also need time to bake the egg roll strips and to toast the almonds. This salad is great for lunchtime or a light dinner.

Here is what you are going to need:

### FOR THE CHICKEN:

- 2 large skinless, boneless chicken breasts
- 1/2 cup soy sauce
- 1/4 cup rice vinegar
- 1 tablespoon sesame oil
- 1 teaspoon hot Asian chili sauce
- 3 large scallion, white, light green and dark green chopped (reserve for later)

Rinse and pat dry the chicken breasts. Butterfly the breasts and trim off all excess fat. Place the breasts in a bowl. In a separate small bowl whisk together the soy, vinegar, oil and chili sauce. Pour over the chicken and cover. Refrigerate for a minimum of 30 minutes.

Heat the oven to 425 degrees. Remove the chicken from the marinade (discard it) and place the breasts on a roasting pan. Roast the chicken for 20 to 25 minutes, until cooked through. Remove from oven and place on a cutting board to cool down.

Shred the chicken and place in a bowl. Add the chopped scallions and mix with 1/4th of the dressing (recipe follows). Set aside.

### FOR THE DRESSING:

- 1/2 cup rice vinegar
- 3 tablespoon soy sauce
- 4 medium garlic cloves, minced
- 4 teaspoons minced ginger
- 1 teaspoon kosher salt
- 1 teaspoon hot Asian chili sauce

1/2 teaspoon ground black pepper  
1/2 cup peanut oil  
2 tablespoons sesame oil

In a medium bowl whisk together all the ingredients except for the oils. Gradually whisk in the oils. Set aside.

FOR THE SALAD:

8 square egg roll wrappers, cut into 1/2 inch wide strips  
Vegetable oil cooking spray  
1 cup sliced almonds  
3/4 cup trimmed and diagonally sliced snow peas  
1 tablespoon white sesame seeds  
1/2 head small Napa cabbage, trimmed and cut crosswise into 1/2 inch wide strips  
1/2 romaine heart, cut crosswise into 1/2 inch wide strips  
1 large carrot, grated  
Salt

Once the chicken has cooked, reduce the oven to 375 degrees. Place the cut egg roll wrappers on a foil lined, vegetable oil sprayed baking sheet. Spray the strips and season with salt. Place in oven and bake for about 8 to 10 minutes, until golden brown. Keep an eye on them! Careful not to burn them. Remove them from the oven and let them cool down. Reduce the oven to 350 degrees.

Place the sliced almonds on a baking sheet. Put them in the oven and toast them for 6 to 7 minutes. Be very careful not to burn these either! Once they are golden remove them from the oven and set side.

Heat a small skillet and add the sesame seeds and toast them while stirring constantly for about 3 minutes. Set aside.

Place a bowl of ice water in the sink. Bring a small pot of salted water to a boil. Add the snow peas and cook for 10 seconds. Remove the snow peas and immediately place in the ice water to stop the cooking process. Remove from the water and place on paper towels to dry.

Place the chopped cabbage and lettuce in a large bowl. Add the carrots and snow peas. Add the sesame seeds and the almonds. Whisk in the dressing, a little at a time, and toss to coat well. Add the chicken and mix well. Serve and top with the baked strips. Enjoy!

