

Chicken & Cabbage Salad inspired by Goi Ga

Budget-friendly recipe

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Serves: 6

Ready in: 20 mins.



A variation on cole slaw, this Vietnamese salad is popular as an appetizer or a complement to rice soup. It holds up well in the refrigerator, so make plenty to last a few days.

Ingredients

Dressing:

2 tablespoons Fish sauce

2 tablespoons fresh lime or lemon juice

1 Clove garlic *minced*

1 chile *minced*, or 1 teaspoon chile sauce (optional)

Salad:

2 cups cooked and shredded chicken meat

½ Small head cabbage *cored and sliced thinly*

1 Carrot *shredded*

½ Small red onion *sliced thinly*

½ cup Mint *chopped*

½ cup Cilantro *chopped*

¼ cup roasted peanuts *chopped*

What You'll Need

Chef knife

Cutting board

Measuring cups

Measuring spoons

Small bowl

Large bowl

Tongs or 2 large spoons

Large platter

Directions

1. In a small bowl, stir together all the ingredients for the dressing.
2. Drizzle a small amount of the dressing over the chicken and stir to coat well.
3. In a large bowl, combine the chicken with all the cut vegetables and most of the mint, cilantro, and peanuts. Add the remaining dressing. Toss gently.
4. Transfer the salad to a large platter and garnish with the rest of the herb and nuts.

Chef Tips

If you do not have fish sauce, use 1 1/2 tablespoons soy sauce and 1 tablespoon water.

Nutrition Info and more

Serving size: 1½ cups

Total calories: 107 Total fat: 4.3 g Saturated fat: 0.8 g Carbohydrates: 6.3 g Protein: 11.9 g Fiber: 1.6 g Sodium: 537 mg