

Main Course
Author: [Bobby Flay](#)
Servings: 8

Prep. Time: 1.5 hrs.
Cook Time: 15 min.
Stand Time: 2.5 hrs.

Zesty Chinese Chicken Salad

This variation on a traditional dish differs from the Flay's in substituting chili garlic sauce for Flay's chipotle peppers for convenience and adds granulated garlic, ginger powder, and anchovy-based (not sardine-based) fish sauce for added flavor and savoriness. If you want to lighten the flavor, used refined sesame oil and omit the fish sauce.



Ingredients

1 head napa cabbage (med.)
1–1½ hearts of romaine
2 carrots (med.)
½ lb. snow/English peas or haricot
vert (young green beans)
½ bu. Cilantro (yield ½ C)
½ bu. Mint
4 green onions
1 C roasted peanuts (salted or
unsalted)
3 lb.s boneless chicken (white or
dark)
¾ C extra-light-tasting/refined
olive oil OR avocado oil, plus
2 T extra for cooking
½ C rice wine vinegar
2 T low-sodium tamari
4 t peanut butter, smooth or
chunky
4 t honey
4 t toasted/refined sesame oil
1½ in. fresh ginger root (yield: 2T)
1 T chili-garlic sauce
1 T garlic, granulated
1 t + ½ t Unrefined salt
½ t + ¼ t black pepper, ground
½ t fish sauce (anchovy-based)
(opt.)
1 pkg. fried wonton strips

Tools

Stove
Dutch oven, 4–6 qt.
Colander, free-standing
Steamer basket
Knife, chef
Measuring spoon set, 2
Skillet, 12-in.
Spoon, kitchen, nylon
Turner, Wooden/nylon
Grater
Whisk, med.
Measuring cup, 1C
Prep bowl, lg.
Prep bowl, medium – 2
Prep bowl, small
Dinner plate – 2
Salad tongs
Serving platter
Scraper
Cruet or salad dressing bottle (opt.)
Funnel (opt.)
Re-sealable food storage containers,
small – 2
Re-sealable food storage container,
medium

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Instructions

Prepare the marinade

1. Grate the ginger.
2. Whisk together the vinegar, peanut butter, grated ginger, chili-garlic sauce, tamari, honey, toasted sesame oil, and olive/avocado oil in the medium prep bowl.
3. Season with $\frac{1}{2}$ t salt and $\frac{1}{4}$ t pepper.
4. Set the dressing aside, and let the flavors meld for 1–2 hours *at room temperature*. If you're making the dish ahead of time (or transporting it), pour the dressing into the cruet/small bottle (use the funnel) and refrigerate it.

Cook the chicken

1. Cut up the chicken. If you're using white meat, slice it into strips. If you're using dark meat, cut it into bite-sized pieces.
2. Transfer the chicken to one of the medium prep bowls.
3. Add the 1 t salt, $\frac{1}{2}$ t ground pepper, granulated garlic, and ginger, then use nylon spoon to mix the chicken and seasonings well.
4. Add 2T of the olive/avocado oil to the skillet, then put it on medium heat.
5. After it heats up, add the chicken, and then sauté it. At the halfway point of cooking, add the fish sauce, and mix it in.
6. When the chicken is thoroughly cooked, transfer it to the dinner plate, and set it aside.
7. If you're using chicken breast, hand-shred half the chicken when it cools.
8. If you're making this dish ahead of time, transfer the cooled chicken to a food storage container and refrigerate it.

Prepare the produce

1. Add $1\frac{1}{2}$ in. of water to the Dutch oven, then put the steamer basket in the pot. Cover and bring to a boil.
2. While the water heats up, cut the snow/English peas or haricot vert in half width-wise. Transfer them to the remaining medium prep. bowl, then place it near the Dutch oven.
3. Slice the napa cabbage into 1-in. rounds, then slice each round in half, perpendicular to the first cut. Transfer the cabbage to the large prep bowl.
4. Repeat step 1 with the hearts of romaine.
5. Steam the snow/English peas or haricot vert until half they're half-done (about $3\frac{1}{2}$ min.)

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6. Transfer the peas/beans to the colander and blanch them to stop them from cooking, and then add them to the large prep bowl.
7. Grate the carrots, and then add them to the large prep bowl.
8. De-stem the cilantro leaves, rough-chop them, and then transfer them with the scraper to the large prep bowl.
9. Chop/slice the bulbs of the green onions, and then transfer them with the scraper to the large prep bowl. Discard the greens or use them in another dish.
10. De-stem the mint leaves, rough-chop them, and then transfer them with the scraper to one of the small food storage bowls. If you're making this salad ahead of time, cover the bowl, and store the mint leaves in the refrigerator. If you're serving this salad immediately, leave the bowl uncovered.
11. Rough-chop the peanuts, and then transfer them with the scraper to one of the small food storage bowls. If you're making this salad ahead of time, cover the bowl, and store the peanuts in the refrigerator. If you're serving this salad immediately, leave the bowl uncovered.

Dress the salad

1. An hour before serving time, pour the dressing over the produce in the large prep bowl and toss everything with the salad tongs..
2. Transfer the salad to the serving platter.
3. Top the salad with half of the the mint leaves and then all of the wonton strips on top.
4. Set out the chopped peanuts and remaining mint leaves and serve.