

Crunchy Cabbage Salad with Chicken

13 ingredients · 20 minutes · 4 servings



Directions

1. Coat the chicken with the onion powder, sesame seeds and sea salt. Heat a skillet over medium heat. Add the avocado oil and chicken. Cook for 6 to 7 minutes and then flip. Continue to cook until the chicken is cooked through. Remove and let cool, and then slice and set aside.
2. Whisk the extra virgin olive oil, rice vinegar, sesame oil and coconut sugar in a small bowl.
3. Add the cabbage, kale and carrots to a large bowl. Add the dressing and massage it in. Top the salad with chicken and cashews and lightly toss. Divide between bowls and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to two days.

Nut-Free

Omit the cashews or use pumpkin seeds instead.

Make it Vegan

Top with tofu or chickpeas instead of chicken.

No Avocado Oil

Use extra virgin olive oil instead.

No Coconut Sugar

Use brown sugar or maple syrup instead.

Ingredients

340 grams Chicken Breast (skinless and boneless)

5 grams Onion Powder

6 grams Sesame Seeds

3 grams Sea Salt (divided)

5 milliliters Avocado Oil

30 milliliters Extra Virgin Olive Oil

10 milliliters Rice Vinegar

10 milliliters Sesame Oil

5 grams Coconut Sugar

267 grams Purple Cabbage (chopped)

63 grams Kale Leaves (de-stemmed and shredded)

3 Carrot (thinly sliced)

46 grams Cashews (roughly chopped)