

A Bus On A Dusty Road

Life Lessons From Living in Asia

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Vietnamese Chicken, Carrot, Green Mango and Red Cabbage Salad nộm gà xé phay chọn bắp cải tím, xoài xanh, cà rốt

Serves 6 -8 people

16 ounces of Green Mango (this is about 1 large green mango shredded)
4.3 ounces Carrots shredded which is about 1 medium carrot)
6.3 ounces of Bean Sprouts
.7 ounces or one small bunch of fresh mint
2 small red chilis
1/2 cup ground peanuts
12.5 ounces red cabbage or about 1 small red cabbage shredded.
1 small red onion cut in larger pieces
2 cloves of garlic
1 cup or 1.6 ounces fried onions (we buy them already prepared and fried)
1.75 pounds or 28 ounces uncooked chicken breast
Small piece fresh ginger - about 0.4 ounces or 1 inch in size.
3 fresh limes squeezed for the fresh juice
3 Tablespoons Fish sauce
1/4 cup sugar
Salt (see in recipe below)
1 Teaspoon black pepper
1/2 Tablespoon dried chili (optional)

Directions

Shred the green mango and carrots.
Cut up the red cabbage and red onions into large pieces
Wash the bean sprouts
Squeeze the lime out of the fresh lime
Cut up the mint
Smash the garlic
Cut up the fresh red chili peppers.

Soak the Red Cabbage in water with 1 Tablespoon salt
Also Soak red onions in water with also 1 Tablespoon salt.

Set both of them aside and let them soak for about 30 minutes

Boil the chicken breast in water with the small piece of fresh ginger and about a half a teaspoon of salt. You should allow this to boil until fully cooked which is about 15 to 20 mins.

Using a strainer take the water away from the red cabbage and red onions, do not rinse them.

Mix the red onions, red cabbage, mix together

Ad shredded green mangos also mix together

Then add carrots and bean sprouts.

Then add the lime, sugar and fish sauce then mix it up very well again.

Then add some dried red chills and seal the bowl and put it in the refrigerator for about 30 to 45 mins.

Shred the chicken that is cooled. We show you a very easy our video. Then put the shredded chicken in a bowl and add 1/2 teaspoon salt and some black pepper. Mix it together well and you can allow it to sit

Now you can take the carrot, green mango and bean sprout mixture out the refrigerator. It is very important you squeeze the water out of the vegetable or you salad will be too wet. We show you how we do this on our video.

Then once you have done that you can add the chicken, crushed peanuts, fried onions. We place the red chili peppers on the top of the salad. The salad is now ready to be served.

How To Eat the Salad

Many times in Vietnam they will eat the salad together with rice crackers. They may even slightly fry the rice crackers before serving. This is so they will stay crisp when you eat them.