



FARMERS MARKET

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Chinese Chicken Salad

Serves 8

Ingredients

1 ½ cups crispy chow mein noodles (I use the canned ones)
3 cups shredded cooked chicken
1 bunch of scallions, cut into 1 inch pieces
¼ cup dry-roasted unsalted cashew nuts
1 cup minced fresh cilantro
1 red bell pepper, cut into julienne strips

For the Dressing:

½ tsp. dry mustard, dissolved in ½ tsp. water
1 tbl. soy sauce
3 tbl. rice wine vinegar
2 tbl. hoisin sauce
1 tsp. ground allspice
1 tsp. sugar
2 tbl. sesame oil
¼ cup corn oil
½ head of lettuce, shredded
1 cup bean sprouts

In a large bowl combine half the chow mein noodles, chicken, scallions, cashew nuts, cilantro and the bell pepper.

Make the dressing: In a small bowl whisk together the mustard mixture, soy sauce, vinegar, hoisin sauce, allspice, sugar and salt and pepper to taste, add the oils in a stream, whisking, and whisk the dressing until it's emulsified.

Toss the chicken salad with enough dressing to coat and mound it on a platter lined with the lettuce, and top with the sprouts and remaining crispy noodles.

Cook's Note: This recipe is very versatile. You can switch the red pepper for julienned carrots, change out the nuts, and I often use baby mixed greens instead of the head lettuce. Use your imagination and make it yours!

Credit: foodtv.com