

# Chinese Chicken Salad with Vinaigrette Dressing

Yield: 4 min  
Total Time: 30 min

Recipe from: <https://www.recipeschoose.com/recipes/recipe-for-chinese-chicken-noodle-salad>

## Ingredients:

- 1 pound boneless, skinless chicken breasts
- 1 teaspoon kosher salt
- 2 slices fresh ginger
- 1 garlic clove thinly sliced
- 3 tablespoons light soy sauce
- 3 tablespoons rice wine vinegar
- 1 teaspoon sugar
- 1 1/2 teaspoons fresh ginger very finely chopped
- 1 garlic clove minced
- 1/2 teaspoon black pepper
- 1 tablespoon sesame oil
- 2 tablespoons grapeseed oil canola or any other neutral flavored oil
- 1 cup red cabbage finely shredded
- 2 cups napa cabbage finely shredded
- 2 cups romaine lettuce finely shredded
- 1 cup shredded carrot finely
- 1 cup sliced cucumbers thinly, matchstick
- 3 cups chicken poached, shredded, you can substitute roasted chicken
- 1/2 cup cilantro
- 1 cup noodles crunchy
- 1 teaspoon sesame seeds

## Nutrition:

1. Calories: 500 calories
2. Carbohydrate: 17 grams
3. Cholesterol: 190 milligrams
4. Fat: 19 grams

5. Fiber: 3 grams
  6. Protein: 61 grams
  7. SaturatedFat: 4 grams
  8. Sodium: 1570 milligrams
  9. Sugar: 5 grams
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