

Khloe Kardashians Chinese Chicken Salad

Yield: 4 min
Total Time: 15 min

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

Ingredients:

- 5 lettuce leaves large, Shredded
- 1/4 small cabbage Shredded
- 1 spring onion Finely Sliced
- 1 small carrot Shredded
- 1/2 small avocado Cubed
- 10 peanuts or Almonds Chopped
- 1/2 handful coriander Chopped
- 1 chicken breast large, Cooked and Shredded
- noodles OPTIONAL
- rice noodles Handful Thin
- 1 cup oil For frying
- 1 tablespoon sesame oil
- 1 teaspoon soy sauce
- 1 tablespoon rice vinegar
- 1/2 tablespoon honey
- 1/2 tablespoon sesame seeds lightly toasted in a dry pan
- 1/2 inch ginger grated
- 1/8 teaspoon salt
- 1/8 teaspoon sugar
- 1/2 tablespoon rice vinegar
- 1/4 teaspoon water

Nutrition:

1. Calories: 800 calories
2. Carbohydrate: 25 grams
3. Cholesterol: 50 milligrams
4. Fat: 71 grams

5. Fiber: 5 grams
 6. Protein: 19 grams
 7. SaturatedFat: 7 grams
 8. Sodium: 250 milligrams
 9. Sugar: 4 grams
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