

Chopped Oriental Chicken Salad

Yield: 4 min
Total Time: 20 min

Recipe from: <https://www.recipeschoose.com/recipes/indian-chaat-inspired-potato-chip-salad-recipes>

Ingredients:

- 2 cups romaine lettuce shredded
- 2 cups napa cabbage shredded
- 2 cups shredded red cabbage
- 2 large carrots julienned, about 1 cup
- 1 cup edamame shelled
- 3 cups chicken shredded, ~1 1/2 lbs. chicken
- 3 1/2 ounces wonton noodles bag Crunchy
- 1 cup orange slices mandarin, drained
- 1 bunch scallions diced, ~1/2 cup
- 1/2 cup sliced almonds
- 1/4 cup grapeseed oil or canola oil or any other neutral flavored oil
- 2 tablespoons sesame oil
- 2 tablespoons rice wine vinegar
- 2 tablespoons soy sauce
- 1 tablespoon brown sugar
- 1 teaspoon ginger minced
- 1 teaspoon garlic crushed
- 1 teaspoon chili pepper and garlic sauce
- 1/4 teaspoon salt
- pepper

Nutrition:

1. Calories: 670 calories
2. Carbohydrate: 43 grams
3. Cholesterol: 110 milligrams
4. Fat: 37 grams
5. Fiber: 10 grams

6. Protein: 45 grams
 7. SaturatedFat: 7 grams
 8. Sodium: 1300 milligrams
 9. Sugar: 9 grams
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