

Vietnamese Chicken and Cabbage Salad

Yield: 7 min
Total Time: 150 min

Recipe from: <https://www.recipeschoose.com/recipes/vietnamese-chicken-and-cabbage-salad-recipe>

Ingredients:

- 1 whole chicken or half a medium-to-large raw chicken, or one half medium-to-large cooked rotisserie chicken
- 1 onion large, if cooking the raw chicken
- 1/2 head green cabbage
- 1 small carrot peeled and finely shredded
- 3 tablespoons fresh mint chopped
- 2 garlic cloves small, sliced
- 1 teaspoon chili garlic sauce available in most supermarkets
- 1 chili pepper fresh Thai bird, stemmed, seeded and diced fine, optional, if you can't find this, any small hot pepper will work
- 1/4 cup fish sauce
- 2/3 cup hot water
- 2 tablespoons fresh lime juice including the lime pulp
- 1/4 cup granulated sugar

Nutrition:

1. Calories: 310 calories
2. Carbohydrate: 14 grams
3. Cholesterol: 140 milligrams
4. Fat: 7 grams
5. Fiber: 2 grams
6. Protein: 45 grams
7. SaturatedFat: 2.5 grams
8. Sodium: 1010 milligrams
9. Sugar: 9 grams

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