

Thai Chicken Larb Salad (Larb Gai)

Yield: 4 min
Total Time: 30 min

Recipe from: <https://www.recipeschoose.com/recipes/vietnamese-larb-recipe>

Ingredients:

- 2 boneless skinless chicken breasts ground or chopped with a large knife; you can also use store-bought minced chicken
- 1/2 teaspoon kosher salt plus more to taste
- 1/4 teaspoon black pepper or to taste
- 2 tablespoons olive oil for frying; one for chicken and one for shallots
- 1 cup mint leaves thinly sliced
- 1 carrot medium, peeled and shredded
- 12 cups romaine lettuce or Chinese cabbage; cut into thin strips
- 1/2 cup basil leaves or Thai basil; thinly sliced
- 1/4 cup cilantro leaves thinly sliced
- 6 tablespoons lime juice freshly squeezed
- 4 tablespoons fish sauce
- 4 tablespoons sugar
- 2 tablespoons minced garlic
- 4 Thai chilies stemmed and sliced on the diagonal; membrane and seeds removed for mild heat
- 2 shallots large; thinly sliced
- 4 tablespoons green onions thinly sliced
- 12 sprigs cilantro leaves
- 6 mint leaves
- 1 tablespoon unsalted peanuts roasted, optional; coarsely chopped

Nutrition:

1. Calories: 290 calories
2. Carbohydrate: 34 grams
3. Cholesterol: 40 milligrams
4. Fat: 10 grams
5. Fiber: 5 grams

6. Protein: 18 grams
 7. SaturatedFat: 1.5 grams
 8. Sodium: 1790 milligrams
 9. Sugar: 16 grams
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