

make
your
OWN...

This dish created by:



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BBQ Chinese Chicken Noodle Salad

Ingredients

- 1 packet boneless chicken thighs
- 1 jar spice mix - Chinese 5 Spice
- Sesame oil
- Glass noodles (or whichever noodles you have in)
- 1 red pepper, cut into thin slices
- 1 medium carrot - use a potato peeler and cut into 'ribbons'
- 2 spring onions, thinly sliced
- 1 packet mange tout or other green veg, such as kale or broccoli
- Small bunch of coriander - finely chop the stalks, roughly chop the leaves
- Drizzle of sesame oil

For the dressing:

- 150ml rice wine vinegar
- 1 chilli, finely chopped
- 2 lemongrass sticks, spilt and sliced
- 2 tbsp. caster sugar

Serves: 2-4



Method

Open up each chicken thigh, cover in sesame oil and rub in the spice mix on both sides. Place on a plate, cover and pop in the fridge for a couple of hours for the spice to marinate the meat.

Place the dressing ingredients into a pan, bring to a simmer for a couple of minutes and then cool and leave to infuse for an hour or so.

Cook the green vegetables quickly in boiling water, then when ready, drain and cover in cold water to stop them cooking further.

BBQ or initially pan fry the chicken on both sides before finishing in the oven at 160°C for 8-10 minutes until cooked through.

Cook the noodle according to the instructions, usually by boiling in a pan for around 3 minutes. Drain and toss in sesame oil.

Once cooked, rest the chicken for a few minutes then cut into slices.

To assemble your salad, toss the noodles with the dressing and vegetables and place in a serving dish. Place the chicken slices on top and sprinkle with the coriander garnish.

Best enjoyed in the sunshine.

Tip:

Adjust the taste of the dressing by adding sesame oil, soy sauce or rice wine vinegar, lime juice, honey or ginger to taste.