



UCOOK

Thai Chicken Larb Salad

with mushrooms, toasted cashews & fresh herbs

Believe us when we say, "This chicken larb salad is to Thai for!" A bed of green leaves, cucumber matchsticks & radish rounds is scattered with caramelised chicken mince dotted with moorish mushrooms and a palate-pleasing Thai dressing. Garnished with fresh herbs and chilli.

Hands-on Time: 20 minutes

Overall Time: 30 minutes

Serves: 1 Person

Chef: Megan Bure

 Carb Conscious

 Waterford Estate | Waterford Elgin Sauvignon Blanc 2021

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Ingredients & Prep

10g	Cashew Nuts
8g	Mixed Herbs <i>(4g Fresh Coriander & 4g Fresh Mint)</i>
100g	Mixed Exotic Mushrooms <i>chopped into bite-sized pieces</i>
1	Onion <i>½ peeled & finely diced</i>
10g	Fresh Ginger <i>peeled & grated</i>
1	Garlic Clove <i>peeled & grated</i>
1	Fresh Chilli <i>deseeded & sliced into rounds</i>
150g	Free-range Chicken Mince
25ml	Thai Dressing <i>(5ml Fish Sauce, 5ml Lime Juice & 15ml Tamari)</i>
40g	Green Leaves <i>rinsed</i>
50g	Cucumber <i>cut into matchsticks</i>
20g	Radish <i>thinly sliced into rounds</i>

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water
Sugar/Sweetener/Honey

1. GO FOR GOLD Place the cashews in a pan over medium heat. Toast for 3-5 minutes until golden, shifting occasionally. Remove from the pan and roughly chop when cool enough to handle. Rinse and roughly chop the mixed herbs. Set aside.

2. MOUTHWATERING MUSHROOMS Return the pan to a medium-high heat with a drizzle of oil. When hot, add the mushroom pieces and fry for 5-6 minutes until crispy and golden, shifting occasionally. Remove from the pan.

3. ADD THE UMAMI Return the pan to a medium-high heat with a drizzle of oil. When hot, add the diced onion and fry for 5-8 minutes until soft and caramelised, shifting occasionally. Add the grated ginger, the grated garlic, and ½ the chilli rounds (to taste). Fry for 30-60 seconds until fragrant, shifting constantly.

4. MAKE THE MINCE When the garlic is fragrant, add the mince to the pan and work quickly to break it up as it starts to cook. Allow it to caramelise for 5-6 minutes or until browned and caramelised, shifting occasionally. In the final minute, add the cooked mushrooms, the Thai dressing, and a sweetener of choice (to taste). Mix until combined. Season, if necessary.

5. THAI-ME TO TASTE! Make a bed of the rinsed green leaves and the cucumber matchsticks. Scatter over the Thai chicken larb, the radish rounds, and the chopped cashews. Garnish with the chopped herbs and the remaining chilli (to taste). Well done, Chef!

Nutritional Information

Per 100g

Energy	337kJ
Energy	81kcal
Protein	7.2g
Carbs	5g
of which sugars	1.6g
Fibre	1.3g
Fat	3.5g
of which saturated	0.9g
Sodium	321mg

Allergens

Allium, Fish, Tree Nuts, Soy,
Shellfish/Seafood

Cook
within 1
Day