

- Prep time: 20 minutes
- Cook time: 15 minutes
- Total time: 35 minutes
- Yields: 4 servings
- Category: Main Course, Lunch, Salad
- Cuisine: Thai-Inspired

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Understanding the “Intensities”

This recipe is all about balance. We’ve broken down the key flavor components into “intensities” so you can adjust them to your liking:

- Spice Intensity: 3/4 (Medium-Hot) – Adjustable with sriracha or chili flakes.
 - Sweetness Intensity: 1/2 (Moderate) – Primarily from honey and fresh fruit.
 - Tang/Sour Intensity: 3/4 (High) – A signature of Thai food, from lime juice and rice vinegar.
 - Savory/Umami Intensity: 1/2 (Moderate) – From fish sauce and chicken.
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Ingredients

For the Thai Chicken Salad:

- For the Chicken:
 - 1 lb (450g) boneless, skinless chicken breasts
 - 1 tbsp olive oil

- Salt and black pepper, to taste
- For the Dressing:
 - 3 tbsp fresh lime juice (about 2 limes)
 - 1.5 tbsp fish sauce
 - 1 tbsp soy sauce (or tamari for gluten-free)
 - 1 tbsp honey (or maple syrup for vegan option)
 - 1 tbsp rice vinegar
 - 1 tsp sesame oil
 - 1 clove garlic, finely minced
 - 1 tsp freshly grated ginger
 - 1-2 tsp sriracha or chili garlic sauce (adjust to your spice preference)
- For the Salad:
 - 2 cups shredded Napa cabbage (or green cabbage)

- 1 cup shredded red cabbage
- 1 large carrot, julienned or grated
- 1 red bell pepper, thinly sliced
- 1/2 cup fresh cilantro, chopped
- 1/4 cup fresh mint, chopped
- 3 green onions, thinly sliced
- 1/2 cup roasted peanuts, roughly chopped (for garnish)

For the Wraps:

- 4-6 large flour tortillas (10-inch), or large lettuce leaves for a low-carb option
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Instructions

Part 1: Prepare the Chicken (Cook Time: 15 minutes | Intensity:

Low)

1. **Cook the Chicken:** Pat the chicken breasts dry and season both sides generously with salt and pepper. In a medium skillet, heat the olive oil over medium-high heat. Add the chicken and cook for 6-7 minutes per side, or until the internal temperature reaches 165°F (74°C) and the juices run clear.
2. **Rest and Shred:** Transfer the cooked chicken to a cutting board and let it rest for 5-10 minutes. This allows the juices to redistribute, keeping the meat tender. Once rested, use two forks to shred the chicken into bite-sized pieces.

Part 2: Whisk the Dressing (Prep Time: 5 minutes | Intensity: Low)

1. **Combine Wet Ingredients:** In a small bowl or a jar with a lid, combine the fresh lime juice, fish sauce, soy sauce, honey, rice vinegar, and sesame oil.
2. **Add Aromatics:** Add the minced garlic, grated ginger, and sriracha. Whisk or shake vigorously until all the ingredients are well combined and the honey has dissolved. Taste the dressing. It should be a punchy balance of sour, salty, and sweet. Adjust as needed.

Part 3: Assemble the Salad (Prep Time: 15 minutes | Intensity: Medium)

1. **Prep the Vegetables:** While the chicken is cooking or resting, prepare all your vegetables. Shred the cabbages, julienne the carrot, slice the bell pepper, and chop the

herbs and green onions. Place them all in a large mixing bowl.

2. Combine: Add the shredded chicken to the bowl with the vegetables.
3. Toss: Pour the prepared dressing over the chicken and vegetable mixture. Gently toss everything together until it's evenly coated. Be careful not to over-mix, or the vegetables will lose their crunch.
4. Final Touch: Stir in half of the chopped peanuts, reserving the rest for garnish.

Part 4: Wrap and Serve (Assembly Time: 5 minutes | Intensity: Low)

1. Warm the Tortillas: To make the tortillas more pliable and prevent them from tearing, warm them. You can do this in a dry skillet over medium heat for 20-30 seconds per side, or in the microwave for 10-15 seconds.
2. Assemble: Lay a warm tortilla flat on a plate. Spoon a generous amount of the Thai chicken salad onto the center of the tortilla, leaving some space at the edges.
3. Wrap It Up: Fold in the sides of the tortilla, then roll it up tightly from the bottom, burrito-style.
4. Serve: Slice the wrap in half on a diagonal and serve immediately. Garnish with the remaining chopped peanuts and extra cilantro if desired.

Recipe Notes & Variations

- **Make it Vegan:** Replace the chicken with extra-firm tofu. Press the tofu to remove excess water, cube it, and pan-fry until golden. Use maple syrup instead of honey and a vegan fish sauce (or extra soy sauce) in the dressing.
- **Low-Carb Option:** Skip the tortilla and serve the salad in large, sturdy lettuce leaves like butter lettuce or romaine.
- **Add More Veggies:** Feel free to add other crunchy vegetables like thinly sliced snow peas, julienned cucumber, or bean sprouts.
- **Meal Prep:** This salad is excellent for meal prep! Store the salad and dressing separately in the refrigerator for up to 3 days. Assemble the wraps just before eating to prevent them from getting soggy.

Frequently Asked Questions (FAQ)

Q: Can I use pre-cooked chicken?

A: Absolutely! A rotisserie chicken is a fantastic and time-saving shortcut. Simply shred the meat from the chicken and use it in the recipe.

Q: Is fish sauce absolutely necessary?

A: Fish sauce is a key ingredient in Thai cooking that provides a deep, savory umami flavor. If you don't have it, you can substitute it with an equal amount of soy sauce, but the flavor

profile will be slightly different.

Q: How long do the leftovers last?

A: The Thai Chicken Salad (without the tortillas) can be stored in an airtight container in the refrigerator for up to 3-4 days. The vegetables might soften slightly over time.

Nutrition Information (Per Serving)

Please note that the following nutritional information is an estimate and will vary based on the exact ingredients and brands you use. This calculation is based on 4 servings using 10-inch flour tortillas.

- Calories: 520 kcal
- Total Fat: 18g
- Saturated Fat: 3g
- Cholesterol: 75mg
- Sodium: 1050mg
- Total Carbohydrates: 52g
- Dietary Fiber: 6g

- Sugars: 13g
- Protein: 35g
- Vitamin A: 60% DV
- Vitamin C: 70% DV
- Calcium: 8% DV
- Iron: 20% DV