



Coconut Chicken Salad

Ingredients:

- ½ pack of vermicelli noodles or 1 zucchini, made into zoodles (keto/paleo option)
- 500 g chicken breast
- 400g can coconut milk
- 1 tsp Urban Forager Chicken Stock Concentrate
- 1 stalk lemongrass- bruised
- Thumb sized piece of ginger- peeled and sliced
- 4 kaffir lime leaves
- Handful mint- washed and drained
- Handful coriander leaves- washed and drained
- 3 spring onions cut in 3 and sliced thinly length-ways
- ½ cucumber- cut in ½ seeds removed and sliced thinly length-ways
- 1 large avocado- sliced

Tamari Seeds:

- 20 g sunflower seeds
- 20 g sesame seeds
- 20 g pumpkin seeds
- 2 tbsp tamari

Dressing:

- 1 tbsp Tamari
- 1 tbsp Tahini
- 1 tsp Honey
- 1 garlic clove, finely minced
- ½ thumb sized piece of Ginger- peeled and grated
- 1 tsp of Urban Forager Chicken Stock Concentrate
- 5 drops of Sesame oil
- ½ cup of Olive oil
- Juice of ½ lemon

Instructions:

- Place the chicken, coconut milk, ginger, lemongrass, lime leaves and the Urban Forager Chicken Stock Concentrate in a medium saucepan (make sure the liquid covers the chicken- add a little water if needed)
- Bring everything to a low boil and then simmer for 15 minutes or until the chicken is cooked through
- Remove the chicken from the cooking liquid and allow to cool
- Shred the chicken and set aside
- Prepare the noodles as per pack instructions, then rinse in cold water and allow to drain in a sieve over a bowl. For Keto/paleo option, shred zucchini into zoodles and set aside.
- Toast the seeds in a small fry pan until they just begin to pop and color a little
- Stir in the Tamari, quickly remove to a bowl and allow to cool.

Dressing

1. Combine all the ingredients together in a glass jar, screw the lid on tightly and shake vigorously.
2. Refrigerate for at least an hour
3. Assemble the salad ingredients in a large serving bowl
4. Toss the salad with the dressing, add a sprinkling of Tamari seeds and serve!

