

# Crunchy Thai Salad with Chicken and Cashews

Serves 4

This Thai cashew salad recipe is incredibly scrumptious - but you won't believe just how scrumptious until you try it for yourself! This healthy combination is tossed in a very easy and fat free Thai dressing. It takes only 15 minutes, but tastes truly gourmet! A great salad recipe to accompany any meal - especially other Thai food favourites.



## INGREDIENTS:

1 English cucumber, skin removed if desired (if organic, leave skin on for extra nutrients)  
1 carrot, grated (use a larger sized grater if you have one)  
1 cup whole roasted unsalted cashews (avoid the baking type - bulk cashews are fresher)  
1/2 large red bell pepper - sliced thinly  
2 spring (green) onions, sliced (or cut in strips lengthwise)  
2 heads romaine (torn/sliced up)  
generous handfuls of fresh coriander and fresh basil to make a "bed" for the salad  
4 boneless chicken breasts

## SALAD DRESSING:

3 Tbsp. lime juice  
3 Tbsp. soy sauce  
3 Tbsp. fish sauce (or vegetarian fish sauce)  
1 T. rice vinegar or white wine vinegar  
6 cloves fresh garlic, pressed or minced  
1 T chilli sauce, or 1 fresh red chili, de-seeded and minced (or more if you want it spicier)  
1 T sugar (or Splenda)

## PREPARATION:

First make the dressing by mixing all salad dressing ingredients together in the bowl.  
Taste-test for sourness/spiciness, adding more sugar if it's too sour for your taste, or more chili if it's not spicy enough.  
Set aside.

Slice the cucumber, then cut the slices in half. Place in a salad bowl.  
Add the grated carrot, cashews, red pepper, romaine and spring onions.  
Cut up the chicken into mouth-sized pieces.  
Sauté the chicken in a Teflon pan – using a lid to generate a bit of juice  
When the chicken is done – turn off the heat – but leave the chicken in the pan  
Add the dressing to the pan – put the lid back on.  
After a few minutes – pour the chicken/dressing over the salad mixings.  
Toss well.  
Place salad on a mixed bed of fresh coriander and fresh basil, and serve immediately. Enjoy!!