

Spicy shredded chicken salad



- 200g cooked soy sauce chicken, skin and bones removed (see related recipe)
- 2 Lebanese cucumbers, cut into matchsticks
- 4 celery stalks, trimmed, cut into matchsticks
- 4 green onions, cut into matchsticks
- 1/2 cup chopped fresh coriander leaves
- 1 teaspoon dried chilli flakes
- 1 tablespoon soy sauce
- 2 teaspoons sesame oil

1. Step 1. Shred chicken. Place in a large bowl. Add cucumber, celery, onion, coriander and chilli flakes.
2. Step 2. Combine soy sauce and sesame oil in a jug. Pour over salad. Toss to combine. Serve.

Energy 452kJ	Fat saturated 1.30g
Fat Total 5.70g	Carbohydrate sugars -
Carbohydrate Total 2.80g	Dietary Fibre 1.80g
Protein 10.60g	Cholesterol 41.00mg
Sodium 411mg	

All nutrition values are per serve.

Recipe courtesy of Super Food Ideas