Chicken and Papaya Salad
RECIPE

Chicken and Papaya Salad



TIME	30 mins
INGREDIENTS	11 items
MAKES	2 servings

Impress your family and friends with this bright and zesty salad. Chicken pairs perfectly with a crunchy salad!

INGREDIENTS

- Ben's Original™ Thai Sweet Chilli Microwave Rice 220g
- 2 Chicken Breasts
- 1 Red Onion, thinly sliced
- 1 Papaya, peeled, deseeded and sliced
- 1 Carrot, cut into thin matchsticks
- Small handful of Coriander, roughly chopped
- Small handful of Mint, roughly chopped
- 1 Red Chilli, sliced
- 1 Lime, juiced
- 1tbsp Caster Sugar
- 1tbsp Fish Sauce

INSTRUCTION

1. To make the shredded chicken, place the breasts in a pan and season well with salt and pepper. Cover completely with water and bring to a boil. Once boiling, reduce to a simmer and cook the chicken for 15-20 minutes until completely cooked through.
2. Remove the chicken from the water and shred with two forks. A spoonful of cooking water can be mixed in if the shredded chicken seems a bit dry.
3. For the salad, place the lime juice, sugar and fish sauce in a large bowl and mix until the sugar dissolves. Throw in the vegetables and herbs and toss through to combine.
4. Heat the Ben's Original™ rice according to pack instructions and spread across your plates to let the rice cool slightly. Just before serving, mix the papaya into the chicken salad and serve onto the rice. Sprinkle the dish with sliced chilli and enjoy.

NUTRITION

Amount Per Serving

- Calories 453
- Carbohydrates (g) 61.1
- Cholesterol (mg) 94
- Dietary Fiber (g) 5.9
- Energy (kJ) 1916
- Protein (g) 38.2
- Sugars (g) 19.4
- Total Fat (g) 4.8
- Saturated Fat (g) 0.9
- Salt (g) 1.35
- Sodium (mg) 539
- Trans Fat (g) 0

Categories:

Chicken, Thai Sweet Chilli, 15 - 30 MIN, Stove Top, Food of the World.

MORE RECIPES LIKE THIS



Chicken Fried Rice

Cooking time

20 mins

Ingredients

9 items



Korean Bibimbap

Cooking time

40 mins

Ingredients

17 items



Sweet and Sour Chicken

Cooking time

25 mins

Ingredients

16 items

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