

Chicken and Wombok Salad

<p>Equipment:</p> <p>Small saucepan Measuring cups and spoons Wooden spoon Chopping boards Sharp knives Large bowl Small bowl</p>	<p>Ingredients:</p> <p>500g chicken thigh fillets, trimmed Cracked black pepper 1 – 1 ½ cups chicken stock, to cover ½ small wombok, finely shredded 1 small red onion, halved and finely sliced 1 carrot, peeled and shaved into ribbons 1 small chilli, very finely chopped 2 tsp sugar 1 and a ½ tbsp fish sauce 2 tbsp lime juice 1 tsp soy sauce 6 sprigs mint, torn 6 sprigs of coriander, torn</p>
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What to do:

1. Combine chicken fillets, pepper and chicken stock in a saucepan, and bring to the boil over low heat. Simmer for 15 minutes then remove from the heat and cool chicken in stock for 10 minutes. Drain stock and shred the chicken using two forks. Aim to create long 'threads' of chicken.
2. Prepare all other ingredients in the ingredients list.
3. For the salad. Combine chicken, wombok, red onion, carrot, and red chilli in a bowl as described in the ingredient list.
4. In a small bowl, combine sugar, fish sauce, lime juice and soy and stir well and pour dressing over salad. Add mint and coriander leaves and toss to combine.
5. Serve and enjoy.