



thai chicken chopped salad

BY CAROLINE CHAMBERS

Serves 4

~30 to 45 minutes active cook time

Tools:

- [Blender](#)
- [Chef's knife](#)
- [Cutting board](#)
- 12-inch (preferably nonstick) [skillet](#)
- [Spatula](#)
- Measuring spoons and cups
- Large serving bowl
- Gallon-sized ziplock

Ingredients:

Curry Cashew Dressing (I highly recommend doubling this — it'll keep in your fridge for up to 1 week or you can freeze it!):

- 1/2 cup roasted salted cashews
- 1/2 cup cilantro leaves and stems
- Juice of 1 lime
- 1 tablespoon red curry paste
- 1 tablespoon sesame oil

- 1 tablespoon soy sauce
- 2 tablespoons rice wine vinegar
- 1 tablespoon maple syrup or honey
- Pinch of salt
- 1/3 to 1/2 cup water

Thai Chicken (this will make enough to freeze half — go ahead and make yourself two meals at once! — so cut the recipe in half if you don't want to do that!):

- 1 tablespoon sesame oil
- 1 large shallot, diced
- 1 to 2 tablespoons red curry paste (1 will be flavorful, 2 will be flavorful and a bit spicy)
- 2 pounds ground chicken
- 2 tablespoons soy sauce
- 1 tablespoon fish sauce
- Juice of 1 lime
- 1/2 cup finely chopped cilantro leaves and stems

Salad:

- 2 large romaine hearts, chopped into 1/2-inch pieces (about 8 cups chopped lettuce)
- 1 large avocado, diced
- 2 cups shelled edamame
- 1 1/2 cups shredded carrots (buy the pre-shredded kind at the store or grate 2 large carrots)
- 1 cup roasted salted cashews, chopped
- 1 cup wonton strips or chow mein noodles

Place **1/2 cup roasted salted cashews** into a blender and cover with warm water. Set aside to soak while you start cooking the chicken.

Warm **1 tablespoon sesame oil** in a 12-inch (preferably nonstick) skillet over medium-high heat. Add **1 diced shallot** and cook, stirring often, until tender, 2 to 3 minutes. Stir in **2 to 3 tablespoons red curry paste (3 will be a bit spicy)**, smashing it against the skillet to allow it to toast a bit. Stir in **2 pounds ground chicken** and use your spatula to chop the chicken into tiny crumbles as it cooks. Once it is nearly cooked through and most of the moisture from the meat has evaporated, stir in **2 tablespoons soy sauce, 1 tablespoon fish sauce, the juice of 1 lime, and 1/2 cup finely chopped cilantro** until the excess liquid has all been absorbed. Set the meat aside.

Now let's finish making the dressing. Drain the liquid out of the blender and add the remaining dressing ingredients (**1/2 cup cilantro leaves and stems, juice of 1 lime, 1 tablespoon red curry paste, 1 tablespoon sesame oil, 1 tablespoon soy sauce, 2 tablespoons rice wine vinegar, 1 tablespoon maple syrup or honey, pinch of salt, and water — start with 1/3**

cup). Blend on high speed until smooth. If it's too thick, blend in 1 tablespoon of water at a time until you get the right consistency. Set aside.

Now let's put it all together! Grab a really large serving bowl. Chop **2 large romaine hearts** into 1/2-inch pieces and throw them in the bowl. If there's any **leftover cilantro**, chop it up and throw it in there. Season the greens with a big pinch of **salt and pepper** and toss to coat.

Add **1 diced avocado, 2 cups edamame, 1 1/2 cups shredded carrots, 1 cup chopped cashews, 1 cup wonton strips, and half of the cooked chicken**. Pour **1/2 cup dressing** over top and toss to coat.

I like to [take a chef's knife and fork and chop the salad into tiny bits](#) at this point! It seriously makes it taste better, you must try it!

Toss in **more dressing** until it's dressed to your liking.

Divide between 4 bowls and chow down! Might I recommend eating this salad with a soup spoon?

Once cool, add the **remaining cooked chicken** to a gallon-sized ziplock. Lay it flat on a baking sheet and freeze. Once frozen, you can remove the baking sheet and store the ziplock wherever in the freezer. Doing this will ensure the meat doesn't all freeze into one big clump, which will allow you to defrost just a bit at a time for individual salads or whatever!