Asian Inspired Poached Chicken and Green Papaya Salad

Equipment

- Knife
- Chopping Board
- Tablespoon
- Saucepan
- Large mixing bowl
- Tongs
- Juicer
- colander

What to do

1. In a medium saucepan heat chicken stock, lemongrass and ginger so the flavours infuse into the stock. Place cleaned chicken breasts in hot liquid and poach for 10 mins. Remove from heat and cool chicken in stock. Shred into long strips.

2. Finely slice green papaya on mandolin.

3. Finely slice Spanish onion and green chilli and add to the bowl with the papaya.

4. Toss together all the papaya, onion, chilli, mint, coriander, ginger, bean sprouts and cooled, torn chicken strips.

5. Make dressing by combining juice of 1 lime, 1 lemon, crushed garlic, 1 Tbsp palm sugar, 1 tsp fish sauce and oils in a bowl and whisk lightly to combine.

6. Toss dressing through salad with light fingers and serve.

7. Top with flowers from the garden.

Ingredients

- 3 Chicken breasts
- 2 cups chicken stock
- 1 Lemongrass stalk, bruised
- 1 3cm piece of ginger, sliced
- 1 -2 Green Papaya, peeled and finely sliced on mandolin
- ½ Spanish onion, finely sliced
- 1 cup picked coriander leaves
- 1 cup picked and torn mint leaves
- 1 cup bean sprouts, washed and drained in colander
- ¼ green chilli, seeds removed + finely sliced
- ½ tspn finely grated ginger
- 1 clove garlic, crushed
- 1 Tbsp Palm sugar
- 1 tsp Fish sauce
- 1-2 Tbsp Sesame oil
- 1 Tbsp Olive oil
- 1 lime
- 1 lemon

From the garden

- Mint leaves
- Coriander
- Green Papaya
Vaucluse Public School