

Thai Chicken Salad



8 Ingredients, 6 serves, 10 Minutes Total Time

1/2 cup lime juice

1/2 cup coriander leaves (chopped)

500 grams chicken breast (skinless) (cooked and chopped)

4 shallots (thinly sliced)

1/4 cup spring onions (sliced)

1/2 lettuce (iceberg) (small, chopped)

1/2 cup mint (chopped)

1/4 cup fish sauce (no additives - made from fish and salt) (+ 2T additive free sweet chilli sauce)

Instructions

- Mix chicken, lettuce, shallots, coriander/cilantro, mint and spring onions in large bowl.
- Combine lime juice, fish sauce and red chili sauce in small bowl until well blended.
- Pour dressing over salad; toss lightly to coat.
- Serve immediately.

Warnings

****SPRING ONIONS:** Use the GREEN part only for SIBO phase 1 & FODMAP Diets

****FISH SAUCE (NO ADDITIVES - MADE FROM FISH AND SALT):** contains fermented fish, salt and water. commercial brands may contain other contaminants

Nutritional Information (per serving)

Calories	108
Total Fat	2g
Saturated Fat	--

Cholesterol	53mg
Sodium	103mg
Total Carbohydrate	3g
Dietary Fibre	1g
Sugars	1g
Protein	18g
Calcium	22mg
Iron	1mg
Magnesium	29mg
Phosphorus	188mg
Potassium	413mg
Vitamin C	15mg
Thiamine	--
Riboflavin	--
Vitamin B6	1mg
Vitamin E	--