

Thai Cabbage Slaw with Shredded Chicken

1 lb boneless, skinless chicken thighs
water to cover
juice of 1 lime
2 cloves garlic, minced
2 T lemongrass paste
2 T chili sauce
2 T toasted sesame oil
2 T extra virgin olive oil
1/4 tsp sea salt
1 tsp red chili flakes (optional for added spice)
4 cups purple cabbage, shredded
1 cup carrots, shredded
5 scallions, chopped
1/2 cup fresh cilantro, chopped
1/2 cup peanuts, chopped

Place chicken thighs in saucepan and cover with water. Simmer chicken for 10 minutes then turn off heat. Poach chicken in hot water for about 20 minutes. Remove from water and shred chicken with fork. Set aside.

In small mixing bowl, combine lime juice, garlic, lemongrass paste, chili sauce, toasted sesame oil, olive oil and salt. Whisk until blended. Add chili flakes to taste. Drizzle 3 tablespoons of spicy vinaigrette on shredded chicken and toss.

In large mixing bowl, combine shredded cabbage, carrots, scallions and cilantro. Toss cabbage mixture with remaining vinaigrette. Add shredded chicken and toss again. Top with peanuts to serve.

Recipe by Garden Chef Megan McCarthy



ATLANTA BOTANICAL GARDEN