



South Australian Sports Institute

## RECIPE OF THE MONTH

### THAI CHICKEN SALAD

500 g dried rice vermicelli noodles  
Olive or canola oil spray  
500 g or 2 skinless chicken breast fillets, cut into thin strips  
2 small mangoes, peeled and sliced  
1 punnet cherry tomatoes, quartered  
4 spring onions, sliced diagonally  
1 Lebanese cucumber, halved lengthways and sliced  
2 tablespoons lime or lemon juice  
2 tablespoons MAGGI Fish Sauce  
1 tablespoon soy sauce  
2 tablespoons MAGGI Authentic Thai Sweet Chilli Sauce  
1/3 cup fresh coriander leaves, optional  
2 tablespoons crushed peanuts, optional  
1 small cos lettuce



Cook noodles in a large saucepan of boiling water until tender. Drain, rinse thoroughly with cold water and drain well. Spray a non-stick frying pan with oil and heat. Cook chicken over medium-high heat for about 5 minutes or until browned and cooked through. Place noodles, mango, tomato, spring onion, cucumber and chicken in a bowl. In a small bowl or jug, mix lime juice and sauces. Pour over noodle salad and toss well to combine. Divide among serving plates, and sprinkle with coriander and peanuts. Serve lettuce on the side. Garnish with extra spring onions, if desired.

Preparation time: 20 minutes

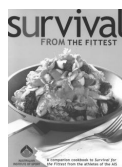
Cooking time: 10 minutes

Serves: 4-6

#### **Additional Comments:**

##### *Use*

- This is a refreshing summer recipe with lots of in-season ingredients and colour.
- Its balance of low GI (40-45) carbohydrate with a lean protein option and vitamin and mineral sources makes it a great pre-training/competition or recovery meal.
- Excellent 'leftovers' lunch option for the next day.
- The use of rice vermicelli noodles makes this recipe appropriate for athletes with Coeliac Disease or those following a gluten-free diet. However, check ingredients list of sauces- Changs fish sauce, Tamari or Fountain soy sauce and Trident or Ayam sweet chilli sauce are all gluten free.





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#### *Nutrition Information*

- Protein = Chicken breast fillets
- Carbohydrate = Noodles, mango
- Fat = Very small amount in chicken, peanuts (if included)

#### *Variations/Hints*

- A BBQ chicken (skin removed) could be used instead of breast fillets, which would reduce cooking time and equipment needs.
- Could use alternative salad ingredients (i.e. capsicum, celery), keeping in mind the inclusion of different coloured options.
- If your goal is to reduce skinfolds consider a smaller portion of the noodles whilst still including 120-150g cooked chicken and plenty of salad ingredients.
- If your goal is to increase your muscle mass, be generous with your portion size of the noodles and consider adding corn and maybe avocado to the salad as well.
- N.B. Coriander has a very distinctive flavour so you may want to try a small amount first. Don't be put off by the smell of fish sauce, it is a great ingredient in Thai dishes and will blend in with other sauces nicely.
- You can buy bottled lemon or lime juice if you don't have fresh ones.

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