



The Gathered Green

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## VIETNAMESE CHICKEN & PAPAYA SALAD

Thank you to [www.bonappetit.com](http://www.bonappetit.com) for this recipe and picture.

### Ingredients

- 4 small skinless, boneless chicken breasts
- 1 tablespoon tamari
- 1 teaspoon coconut sugar
- ¼ teaspoon Chinese five-spice powder
- Salt and freshly ground black pepper
- Coconut oil for grilling
- ½ large or 1 small firm papaya, julienned
- 1 firm mango, julienned
- ½ medium cucumber, peeled, julienned
- 1 medium carrot, peeled, julienned
- 6 spring onions/shallots, julienned
- 1 chilli seeds removed, finely chopped (optional)
- 2 tablespoons toasted sesame seeds

### *Salad*

- 2 garlic cloves, finely chopped
- 2 tablespoons fresh lime juice
- 2 teaspoons coconut sugar
- 1 teaspoon fish sauce





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## Method

Rub chicken with tamari, coconut sugar, and five-spice powder; season with salt and pepper. Let sit at least 1 hour. This process can be completed the day before if covered and refrigerated.

Prepare grill for medium-high heat and oil grate. Grill chicken, turning often and being careful not to char, until cooked through, 5-8 minutes total. Let cool, then shred.

### *Salad*

Whisk garlic, lime juice, coconut sugar, and fish sauce in a large bowl. Add shredded grilled chicken, papaya, cucumber, carrot, shallots, and chilli to bowl; season with salt and toss to coat.

Serve salad on banana blossom petals (if available) and sprinkle with sesame seeds.

Enjoy!

Jane

