

# CHINESE SHREDDED CHICKEN CUCUMBER SALAD



## INGREDIENTS

### ITEM

Boneless Chicken Breast  
Medium Cucumbers  
Garlic  
Sesame Oil  
Rice Vinegar  
Sugar  
Salt  
Scallion/Green Onion, chopped (optional)

### QUANTITY

2  
2  
3 Cloves  
3 tsp  
2 tsp  
1 tsp  
To taste  
1



## PREPARATION

- ✔ Poach the chicken breasts in a pot of boiling water for 15–20 minutes, or until cooked through. Remove the chicken from the pot and let it cool before shredding it with a fork.
- ✔ Cut the cucumbers in half lengthwise and use a spoon to scoop out the seeds. Slice the cucumbers into thin strips and place them in a mixing bowl.
- ✔ Chop the green onions and garlic into small pieces and add them to the mixing bowl with the cucumbers.
- ✔ In a separate mixing bowl, whisk together the salt, sugar, rice vinegar, sesame oil, to make the dressing.
- ✔ Pour the dressing over the cucumber and green onion mixture and toss until the vegetables are coated in the dressing.
- ✔ Add the shredded chicken to the mixing bowl and toss everything together.
- ✔ Serve the salad chilled and enjoy!