



## The Health & Wellbeing Studio

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### Thai Chicken Salad

There are so many flavour and texture layers to this salad. A crisp green salad with a punchy Thai dressing, this salad is a perfect midweek meal to use up that leftover roast chicken.

Fennel is quite an undervalued vegetable, imparting a subtly sweet aniseed flavour. It is a great source of vitamin C, fibre, folate and potassium. It provides anti-inflammatory and antioxidant phytochemicals including anethole plus bioflavonoids rutin and quercetin that are also powerful antihistamines (great for springtime salads!). Include fennel in your diet to promote cardiovascular integrity.

- Family friendly
- Gluten free options
- Weight loss friendly
- GAPS Friendly
- Low Oxalate Options
- Dairy Free
- Salad
- Snack
- Lunch
- Vegetarian options
- Vegan options
- Lactose Free
- FODMAP Friendly Option
- Low amine option
- Nut Free
- Picnic
- Dinner
- Lunchbox

Preparations time: 20mins

Serves: 4

### Ingredients

- 1 small fennel bulb, shaved or thinly sliced
- 1 cucumber, halved and thinly sliced
- ½ tsp rock or sea salt
- 1 cup left over roast chicken, chopped
- 2 spring onions, finely chopped
- ¼ cup mint leaves, finely sliced
- ¼ cup coriander leaves, finely chopped
- 1 kafir lime leaf, finely sliced, optional
- 1 bunch watercress, rinsed well and roots removed
- 2 tbsp pumpkin seeds
- ½ avocado, mashed

*Dressing:*

1 clove garlic, minced or finely chopped  
1 small chilli, finely chopped  
1-2cm piece ginger, finely grated  
2 tbsp soy sauce or tamari  
1 tsp sesame oil  
2 tbsp olive oil  
1 tsp honey  
Juice of 1 lime

### Instructions:

1. Place the fennel and cucumber in a serving bowl and sprinkle with ½ tsp sea or rock salt and set aside.
2. Meanwhile make the dressing by adding all the dressing ingredients to a jar and shake well.
3. Add the remaining salad ingredients to the serving bowl and toss well.
4. Drizzle the salad with the dressing just before serving.

### Alternatives

Serve this salad alongside a some fritters or Mackerel and Potato Patties for a complete meal.

For a low amine option, use skinless chicken fillets. Replace the pumpkin seeds with crushed raw cashews, and omit the avocado. Make a dressing with garlic, ginger, 2 tbsp mashed avocado (extra), and cold pressed sunflower oil (non GMO).

For a GAPS friendly option, omit the soy and tamari.

For a vegetarian and vegan option, replace the chicken with tempeh or some roast pumpkin. For a vegan dressing, replace the honey with maple or rice malt syrup.

For a low oxalate option, omit the pumpkin seeds, chilli and sesame oil.

For a low FODMAP option, omit the avocado and spring onion. For the dressing, replace the garlic with lemongrass if desired (or just omit), and replace the honey with maple or rice malt syrup.

For a gluten free option, use a gluten free tamari for the dressing.

For a work or school lunch, serve the dressing in a jar alongside the salad to add just before serving.