

Spiralized Zucchini Salad with Chicken



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Serves: 10



Prep & Cook Time: 20 minutes

Ingredients

Ginger-Sesame Vinaigrette:

- 2/3 cup (150 mL) vegetable oil
- 1/2 cup (125 mL) rice vinegar
- 1/4 cup (60 mL) sesame oil
- 3 tbsp (45 mL) toasted sesame seeds
- 3 tbsp (45 mL) minced fresh gingerroot
- 2 tbsp (30 mL) minced garlic
- 2 tbsp (30 mL) honey
- 2 tbsp (30 mL) lemon juice
- 1 tbsp (15 mL) tamari or gluten-free soy sauce

Salad:

- 5 medium zucchini
- 3 large carrots, peeled
- 5 cups (1.25 L) thinly sliced red cabbage
- 2 cups (500 mL) cooked shelled edamame
- 1 1/2 cups (375 mL) chopped fresh cilantro

Assembly:

- 10 Reuven Fully Cooked Oven Roasted Chicken Breasts 90g, (Product Code 11590)

Preparation Instructions

Ginger-Sesame Vinaigrette: Whisk together vegetable oil, rice vinegar, sesame oil, sesame seeds, ginger, garlic, honey, lemon juice and tamari. Set aside.

Salad: Using spiralizer and following manufacturer's directions, make zucchini and carrot spirals. Pat dry with tea towel or paper towel to remove excess moisture. Toss with red cabbage, edamame and cilantro; toss with vinaigrette.

Assembly: Prepare Oven Roasted Chicken Breasts according to package directions. For each serving, portion 2 cups (500 mL) zucchini salad on plate and top with 1 cooked chicken breast.

