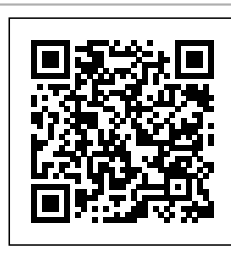


Chicken Sesame Noodle Salad



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Recipe by: Laura Vitale

Serves 4-6

Prep Time: 20 minutes

Cook Time: 10 minutes

Ingredients

For the salad:

- 10oz of Soba Noodles, cooked according to package instructions and drained well
- 4 Scallions, thinly sliced
- 3 Tbsp of Soy Sauce
- 2 Tbsp of Rice Vinegar
- 1 Tbsp of Lime Juice
- 2 Tbsp of Vegetable Oil (I use Safflower Oil)
- 1 Tbsp of Toasted Sesame Seed Oil
- 2 tsp of Sugar
- 1 Clove of Garlic, grated
- 1 tsp of Grated Ginger
- Fresh Chopped Cilantro
- 1 Tbsp of Toasted Sesame Seeds

For the Chicken:

- 2 6oz Chicken Breasts, thinly sliced
- 1 Tbsp of Soy Sauce
- 1 Tbsp of Vegetable Oil
- 1 Clove of Garlic, crushed but not chopped

1) Start by marinating the chicken. In a bowl, toss the chicken with the soy sauce, vegetable oil and garlic, set aside for about 15 minutes.

2) Grill the chicken on a grill pan over medium heat for about 3 minutes on each side or until fully cooked through, remove the chicken to a plate and allow it to cool a bit. After its cooled, slice the chicken into thin strips and set it aside while you make the dressing.

3) In a small bowl, add the grated garlic, ginger, sesame oil, cilantro, sugar, rice vinegar, lime juice and vegetable oil. whisk to combine well and set aside.

4) In a large bowl, add the cooked and drained soba noodles, the chicken and the dressing, toss to make sure everything is well combined and serve!

