THE LIGHTER PLATE METHOD

Vietnamese Caramel Chicken Salad

A sticky, salty-sweet glaze on the chicken against crisp, cold salad — properly moreish.



PREP	COOK	TOTAL	SERVINGS	DIFFICULTY
15 min	**12 min**	**27 min**	**4**	**EASY**

Ingredients

- 500 g chicken thigh fillets (sliced)
- 2 tbsp fish sauce
- 2 tbsp brown sugar
- 2 cloves garlic (crushed)
- 2 cm piece fresh root ginger (grated)
- 100 g shredded carrot
- 100 g beansprouts
- 1 large handful fresh mint and coriander
- 1 lime (juiced)
- 1 red chilli (sliced)

Method

1. Mix the fish sauce, brown sugar, garlic and ginger together.
2. Heat a little oil in a wok or large frying pan over a high heat. Add the chicken and stir-fry for 4 minutes, until nearly cooked through.
3. Pour in the fish sauce mixture and cook for 3–4 minutes more, until it reduces to a sticky, dark glaze coating the chicken.
4. Toss the carrot, beansprouts and herbs with the lime juice.
5. Pile the salad onto plates, top with the hot caramel chicken and scatter with chilli.

Tips & swaps

- Let the glaze reduce properly — it should coat the back of a spoon before you take it off the heat.
- A handful of crushed peanuts on top adds good crunch.

Storage & reheating

Best eaten fresh; the chicken keeps 2 days but the salad wilts.

Nutrition (per serving)

KCAL	PROTEIN	CARBS	FAT	FIBRE
320	**30g**	**18g**	**12g**	**3g**

Estimated values, for guidance only. Contains: Fish.