

# Thai Chicken Salad



SERVINGS: 2

PREP TIME: 10 MINUTES

COOKING TIME: 180 MINUTES

## INGREDIENTS

- 8 oz [224 g] Skinless Chicken Breast
- 4 tbsp [56 g] Coconut Aminos
- 1 cup [240 ml] Organic Chicken Bone Broth
- 1 tbsp [21 g] Honey
- 2 tbsp [30 g] Tahini
- 1.5 tsp [16.5 g] Ginger (*Grated*)
- 1 Juice of 1 lime [38 g] Fresh Lime Juice
- 0.5 cup [28.35 g] Shredded Green Cabbage
- 0.5 cup [28.35 g] Shredded Red Cabbage
- 0.5 cup [56.5 g] Shredded Carrots
- 5 stalk [75 g] Green Onions (*Chopped*)
- 2 tbsp [28.5 g] Dry Roasted Cashew Nuts (*Chopped*)
- 1 tbsp [9 g] Sesame Seeds

## DIRECTIONS

1. In a slow cooker, add the chicken, broth, half of the coconut aminos, and honey. Cook on high for 3-4 hours or low for 6 hours.
2. When the chicken is done cooking, shred with a fork.
3. In a small bowl, mix together the tahini, remaining coconut aminos, grated ginger, and lime juice.
4. In a serving bowl add the shredded chicken, cabbage, carrots, green onion, cashews, and tahini dressing. Toss until well mixed.
5. Top with sesame seeds and enjoy!

## NUTRITION INFO

Calories : 406

Fat : 14.15 g

Carbs : 36.06 g

Protein : 36.21 g

Fiber : 4.6 g



Sea Rae Wellness