

JUSTIN & CHRISTINA'S



RV VANLIFE

CRUNCHY CHICKEN & MANGO SALAD

This Asian-inspired salad has terrific crunch, thanks to sugar snap peas and napa cabbage.

MAKES 4 SERVINGS / TOTAL TIME 20 MINUTES



INGREDIENTS

- 1/3 cup orange juice
- 3 tablespoons rice vinegar
- 3 tablespoons less-sodium soy sauce
- 1 tablespoon toasted sesame oil
- 2 teaspoons sambal oelek (Optional)
- 6 cups thinly sliced napa cabbage
- 2 cups sugar snap peas, thinly sliced diagonally
- 2 cups shredded cooked chicken breast
- 1 medium mango, sliced
- 1/2 cup coarsely chopped fresh mint
- 1/4 cup sliced scallions
- 2 tablespoons toasted sesame seeds

METHOD

Whisk juice, vinegar, soy sauce, sesame oil and sambal oelek (if using) in a large bowl. Add cabbage, peas, chicken, mango, mint and scallions; toss gently to coat. Serve the salad sprinkled with sesame seeds.

NUTRITION VALUE

285 Calories - 8.6g fat, 1.3g saturated fat,
4.7g fiber, 27.2g protein, 24.7g carbs