

Chinese Chicken Salad

Serves 6:

Ingredients

2 split skin-on chicken breasts, on the bone
extra virgin olive oil
kosher salt and freshly ground black pepper
1/3 pound snow peas, trimmed and cut in half
1/3 pound asparagus, thick ends removed, cut diagonally
1 red bell pepper, cored, seeded and julienned
3 scallions, sliced diagonally
1 tablespoon sesame seeds, toasted

Asian Dressing:

1/2 cup canola oil
1/4 cup apple cider vinegar
3 tablespoons low sodium soy sauce
1 1/2 tablespoons toasted sesame oil
1 tablespoon honey*
1 garlic clove, pressed
1 teaspoon grated ginger
1/2 tablespoon sesame seeds, toasted
1/4 cup natural smooth peanut butter
kosher salt and freshly ground black pepper

*Note: if you use sweetened peanut butter, you might want to cut the honey to 1/2 tablespoon.

Preparation

Preheat oven to 350 degrees.

Rub chicken breasts liberally with olive oil and season with kosher salt and freshly ground black pepper. Pop into oven and bake for 35 to 40 minutes, rotating once, until skin is golden brown; let cool.

Heat a dry skillet over medium-low heat.

Measure out enough sesame seeds for dressing and salad add to pan.

Toast gently, until golden, but don't let burn.

Make Asian Dressing: in a large bowl, combine vinegar, soy sauce, toasted sesame oil, and honey

Whisk in garlic, ginger, sesame seeds, peanut butter, salt and pepper and canola oil.

Add peanut butter to help it emulsify and turn silky.

Taste and adjust seasoning; set aside.

In a pot of boiling salted water, blanch snow peas for 2 minutes, then remove with a skimmer.
Shock in a bowl of ice water.
Bring water back to boil and blanch asparagus for 2 to 3 minutes; add to ice water bath.
Drain vegetables and lay out on paper towels to dry.

When chicken is cool, remove skin and peel meat off the bone.
Shred chicken by hand and put in a large bowl.
Add julienned red pepper, snow peas, and asparagus.
Toss with half the dressing, and top with sliced scallions and sesame seeds.

Cook lo mein noodles according to package directions.
Drain and coat with 1/4 cup of the dressing.
Serve noodles in shallow bowls, topped with chicken salad.
Drizzle a bit more dressing on top and serve.

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