



CURIOUS ABOUT LEARNING HOW TO MAXIMIZE YOUR CONVECTION OR CONVECTION STEAM OVEN?

If so, Unlock the magic of your appliances!

[www.larissataboryski.com](http://www.larissataboryski.com)

LARISSA TABORYSKI

## ASIAN CHICKEN SALAD BEAN THREAD NOODLES & CABBAGE

STEAM MODE

### Ingredients:

- 4 - bone-in chicken thighs, skinless or skin on
- 2 - scallions
- 3 - 1" slices fresh peeled ginger
- 1 - thin carrot
- 1 - celery rib
- 2 - steams fresh cilantro (or leave out if you are intolerant)

I began making a version of this recipe forty years ago influenced by a dish I enjoyed at one of my favorite Chinese restaurants. There are many variations to this recipe and the preparation is made much easier thanks to the availability of prepared Spicy Peanut Dressing. The combination of noodles, crunchy cabbage and juicy chicken with the peanut dressing is delicious and just as good if you heat up any "extras". You can of course vary the type of noodles or leave them out if you prefer.

Bone-in chicken is a must when steaming, not only will the meat be tender and juicy you will also get a lovely cup or two of chicken stock. You can steam just enough chicken for the salad or steam more to use with other meals during the week.

### Preparation:

Preheat the oven in the Steam Mode.

Place all the items in a casserole dish and cover with 2 cups of water.

Place in the oven and steam for 30 - 40 minutes (depending on the size of the thighs) until the meat is falling off the bone.

Remove the chicken from the liquid and set aside on a plate to cool.

When cool enough to handle, discard the skin and bones and shred into thin strips.

Strain the stock and refrigerate or freeze when cool.

### Salad:

1 - package prepared coleslaw with green & purple cabbage and carrots OR

4 - cups shredded cabbage, green and purple combined

2 - large carrots, peeled and shredded

4 - scallions, tops trimmed, chopped into ¼" slices

½ - package SaiFun bean thread noodles, softened and coarsely chopped

¼ - cup chopped fresh cilantro leaves (if using)

### Dressing:

2 - cloves garlic, minced

1 - 1" slice peeled ginger, fine chopped

¼ - cup creamy peanut butter

¼ - cup soy sauce

2 - tablespoons rice vinegar



1 - tablespoon honey or sugar

2 - tablespoons sesame oil

½ - teaspoon red pepper flakes (or use spicy sesame oil)

### Preparation:

Combine the ingredients in a mini blender and blend till combined. Thin with a little more sesame oil if it becomes too thick.

Combine the cooked chicken, vegetables and noodles and toss with the dressing.

The vegetables in this salad will lose their crunch after they are combined with the dressing so if you plan to eat this for several days, only add the dressing as needed.

Serves 4 generous portions