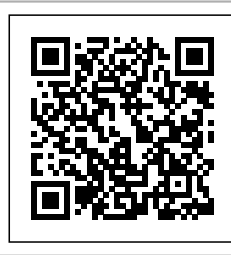


# Asian Sesame Chicken Salad with the best dressing ever



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Recipe by: Laura Vitale

Serves 4

**Prep Time: 20 minutes**

**Cook Time: 15 minutes**

## Ingredients

### For the chicken:

- 4 Chicken Breast, pounded evenly to 1/2" thick
- 2 Tbsp of Lemon Juice
- 2 Tbsp of Olive Oil
- Salt and Pepper to taste
- 1 Tbsp of Garlic and Herb Seasoning

### For the Dressing:

- 1 clove of Garlic, grated
- 2 tsp of Grated Ginger
- 1 Tbsp of Granulated Sugar
- 1-1/2 Tbsp of Soy Sauce
- 3 Tbsp of Rice Vinegar
- 1 Tbsp of Toasted Sesame Oil
- 4 Tbsp of Avocado Oil
- Pinch of Salt

### For the salad:

- Mixed Greens
- Handful of Slaw
- Thinly sliced Bell Peppers
- Thinly Sliced Cucumber
- Thinly Sliced Scallions
- Handful of Chow Mein Noodles
- Sesame Seeds

1) Start with the chicken. Mix together the chicken and marinade, cover and refrigerate for about 4 hours or overnight.

2) Next, make the dressing. Combine all ingredients in a small jar, close tightly with a lid and shake to combine, set aside.

3) Grill your chicken on an indoor grill pan for about 4 minutes per side depending on the thickness, then set aside and cover to rest for 15 minutes.

4) When you're ready to serve, add the salad ingredients to a bowl, drizzle with dressing (depending on how big the salad is you might only need half) toss, then top with the chicken and serve!

