

CHEF SARA RHODES

ASIAN SALAD WITH FIVE SPICE CHICKEN

2 Tbsp. brown sugar
1 tsp. garlic powder
¼ tsp. kosher salt
2 Tbsp. Chinese 5 Spice
4 chicken thighs, trimmed
½ cup rice vinegar
2 tsp. sugar
2 Tbsp. Canola oil
1 Tbsp. sesame oil
1 tsp. finely minced garlic
1/8 tsp. crushed red pepper flakes
1 tsp. lime zest
2 tsp. lime juice, (1 large lime)
1 tsp. low sodium soy sauce
5 green onions, chopped
½ cup de-stringed sugar snap peas, cut in half
1/3 cup cilantro leaves
½ cup basil, chiffonade
1/3 cup each red and yellow peppers, cut into strips
4 cups baby spinach
1 ½ cups green cabbage, shredded
1 ½ cups purple cabbage, shredded
Asian Sesame Salad Accents to garnish



Mix together the first four ingredients. Rub on both sides of the chicken thighs. Heat a sauté pan with a little vegetable oil to medium high. Cook the chicken thighs about 4 to 5 minutes per side. Remove to a cutting board.

Whisk together the vinegar, sugar, canola oil, sesame oil, garlic, red pepper flakes, lime zest and juice and the soy sauce. Season with salt and pepper if desired.

Mix together the spinach and cabbage with the cilantro and basil. Divide between 4 plates. Top with green onions, snap peas and peppers. Drizzle with dressing. Top with sliced chicken thighs. Drizzle chicken with a little extra dressing and top with the salad accents.