

# Low-Carb Thai Chicken Salad Bowl

Hands-on 25 minutes Overall 25 minutes



**Nutritional values (per serving):** Total carbs: 9.5 g, Fiber: 3 g, **Net carbs: 6.4 g**,

Protein: 20.7 g, Fat: 22 g, Calories: 312 kcal,

[Original recipe](#), [Keto Diet App](#) - The ultimate low-carb diet app

## Ingredients (makes 3 servings)

### Salad:

- 2 chicken breasts (226 g/ 8 oz)
- 1/2 cup shredded red cabbage (45 g/ 1.6 oz)
- 1/2 cup shredded white cabbage (45 g/ 1.6 oz)
- 2/3 cup grated carrot (73 g/ 2.6 oz)
- 1 tbsp chopped mint
- 1/2 cup chopped coriander leaves, stalks removed
- 1 tbsp chopped chives
- 1/4 cup blanched [almonds](#) (36 g/ 1.3 oz)

### Marinade:

- 1 clove garlic, chopped
- 1 tbsp ginger, grated
- 1 small red chilli, finely chopped
- 1/2 stalk lemongrass, finely chopped
- 2 tbsp fresh lime (30 ml)
- 1 tsp [fish sauce](#)
- 1 tbsp [coconut aminos](#) (15 ml)

### Dressing:

- 3 tbsp [extra virgin olive oil](#) (45 ml)
- salt and pepper, to taste

*Note: This recipe will be enough for 3-4 appetisers or 2 regular meals.*

## Instructions

- Preheat the oven to 180 °C/ 355 °F (fan assisted). Prepare the marinade by putting all the ingredients in a pestle and mortar and combine until the flavours infuse together.
- Place the chicken breasts between 2 sheets of cling film and bash with a rolling pin to flatten until even (1/2 inch/ 1 cm thick).

- Place the chicken breasts in a bowl and coat with half of the marinade. Ideally leave to marinate for 2 hours or overnight in the fridge (or skip if you are short on time). If you're in a rush you can of course just use straight away but marinating allows the flavours to infuse.
- Finely slice or grate the cabbages and carrot and combine in a bowl along with the chopped herbs.
- Place the almonds on a baking tray and toast in the oven for 6 - 8 minutes until golden. Remove from the oven and allow to cool.
- Meanwhile, heat a griddle pan greased with a little olive oil to prevent sticking. Fry the chicken breasts for about 4 minutes per side until cooked through. Remove from the pan, allow to stand for one minute and slice. Best served fresh but can be stored in the fridge for up to 1 day.
- Mix the remaining marinade with the olive oil, salt and pepper... .. and toss through the salad along with the almonds and top with chicken. Best served fresh but can be stored in the fridge for up to 1 day.

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