

VH Chicken and Rice Noodle Salad with Pad Thai Dressing



PREP TIME : 20 MIN

COOK TIME : 10 MIN

SERVES : 4

Ingredients :

- ***3/4 cup (175 mL) VH® Pad Thai Sauce***
- ***1/4 cup (60 mL) vegetable oil***
- ***1/4 cup (60 mL) fresh lime juice***
- ***2 cups (500 mL) diced cooked chicken breast***
- ***1/2 cup (125 mL) finely diced red onion***
- ***2 cups (500 mL) finely diced red pepper***
- ***3 cups (750 mL) coarsely chopped cooked broccoli***
- ***2 cups (500 mL) diced peeled cucumber***
- ***1/2 cup (125 mL) coarsely chopped fresh cilantro (optional)***
- ***1/2 (1 lb/454 g package) rice noodles (prepared as directed on package)***

Directions :

- 1. In a large bowl whisk together VH® Pad Thai Sauce, oil and lime juice until combined.***
- 2. Toss remaining ingredients with dressing and cooked noodles.***

Tips:

Make sure to prepare the rice noodles in water that has been salted, and cook them until tender.

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Once salad is tossed add more VH® Pad Thai Sauce if needed.

This hearty salad will satisfy the whole family while offering them lots of healthy vegetables.