



Low FODMAP Shredded Chicken Salad with Creamy Japanese Style Dressing

Serves: 4

Prep: 10 minutes

Cook: 15 minutes



Stack Cup

Ingredients	Metric	Imperial
4 slices lean, short cut bacon	120 g	4.2 oz
Fresh ginger, peeled and finely cut into matchsticks	10 g	0.4 oz
1½ Tbsp soy sauce	20 g	0.7 oz
1½ Tbsp tahini	20 g	0.7 oz
1½ Tbsp miso paste	20 g	0.7 oz
2 tsp fish sauce	10 g	0.4 oz
¾ tsp sesame oil	4 g	0.1 oz
1 tsp white sugar	5 g	0.2 oz
2½ Tbsp lemon juice	40 g	1.4 oz
½ cup whole egg mayonnaise (if store-bought, check no onion or garlic added)	115 g	4.1 oz
Salt and pepper, to season		
1 small BBQ (Rotisserie) chicken, skin and stuffing removed and shredded	1000 g	35.3 oz
4 cups shredded cos or Iceberg lettuce	300 g	10.6 oz
2½ Tbsp chives, chopped	8 g	0.3 oz
Toasted sesame seeds for serving		

Method

1. Pan fry bacon in a non-stick pan until cooked to your liking. Transfer onto paper towel to cool and then slice thinly.
2. Cook ginger in a small saucepan of boiling water for 1 minute, Drain and rinse under cold water; set aside.
1. Whisk soy sauce, tahini, miso, fish sauce, sesame oil, sugar and lemon juice in a small bowl until smooth.
2. Place mayonnaise into a larger bowl and whisk until smooth. Gradually pour in the soy sauce mixture and whisk until combined. You may need to add a tablespoon or 2 of water to thin out the dressing. You want the dressing to be the consistency of thickened cream. Add salt and pepper to taste.
3. Toss the chicken and 1/2 the dressing in a large bowl to coat. Add the lettuce and bacon and the rest of the dressing.
1. Serve on a large plate and sprinkle the ginger, chives and sesame seeds on top.

Hints

- Dressing can be made 1 day ahead, just keep in the fridge.

Nutrition Information (per serve)	
Energy	2294 Kj / 548 cal
Protein	47.00g
Carbohydrates	3.40g
Sugar	2.80g
Total Fat	38.20g
Saturated Fat	6.30g
Fibre	2.80g