



Zucchini Chicken Salad

Ingredients

- 200g chicken fillet
- 2 zucchini, spiralized with SpiraleZ
- 1/2 teaspoons salt
- 50cc water
- 1.5 teaspoons soy sauce
- 1 teaspoon fruit vinegar
- 1/4 teaspoon garlic powder
- sesame

Step

1. Cook the chicken fillets thoroughly. Wait them cool and shred them.
2. Spiralized the zucchini with SpiraleZ and spray some salts on it. Cool them down for a while and drain it.
3. Mix soy sauce, fruit vinegar and garlic powder together. Add in the chicken fillets and zucchini and mix them well. Add little sesame and ready to serve.



翠玉瓜雞絲沙律

材料

- 雞柳肉 --- 1 塊(約 200g)
- 翠玉瓜 --- 2 個
- 鹽 --- 1/2 茶匙
- 水 --- 50cc
- 醬油 --- 1.5 茶匙
- 果醋 --- 1 茶匙
- 蒜粉 --- 1/4 茶匙
- 芝麻 --- 適量

做法:

1. 將雞柳煮熟，放涼後剝成絲狀。
2. 翠玉瓜洗淨後刨成絲，灑點鹽，靜置一下，再瀝去澀水。
3. 將醬油、果醋及蒜粉調勻成醬汁，再與雞柳絲及翠玉瓜絲拌勻，放上少許芝麻即成。