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## Neorm Sach Moan (Chicken Salad with Cabbage and Fish Sauce)

By Morgan Bolling

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For a fresh, herb-packed chicken salad, we turned to a chef who has made it her personal mission to bring Cambodian food to America.

SERVES 4

TIME 1 hour

### WHY THIS RECIPE WORKS

This layered, nuanced salad is based on a recipe from Nite Yun, chef and owner of [Nyum Bai](#), a Cambodian restaurant in Oakland, California. To ensure that the lean chicken breast meat didn't dry out during cooking, we gently poached the brea... [Read More](#)

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### GATHER YOUR INGREDIENTS

- ☐ 1 (6- to 8-ounce) [boneless, skinless chicken breast](#), trimmed
- ☐ ¼ teaspoon table salt, plus salt for poaching chicken
- ☐ 6 tablespoons [fish sauce](#)
- ☐ ¼ cup sugar
- ☐ ¼ cup unseasoned rice vinegar
- ☐ 1 Thai chile, minced
- ☐ 1 garlic clove, minced
- ☐ 4 cups shredded green cabbage
- ☐ 2 ounces (2 cups) baby mizuna or baby arugula, chopped coarse
- ☐ 1 cup shredded red cabbage
- ☐ 1 red bell pepper, stemmed, seeded, and sliced thin
- ☐ 1 Persian cucumber, halved crosswise and sliced thin lengthwise
- ☐ 4 radishes, trimmed and sliced thin
- ☐ ¼ cup chopped fresh cilantro, plus 2 tablespoons leaves
- ☐ ¼ cup chopped fresh Thai basil
- ☐ ¼ cup chopped fresh mint
- ☐ ¼ cup salted dry-roasted peanuts, chopped

View Nutritional Information ⓘ

### KEY EQUIPMENT

- [The Best Mandolines](#)
- [The Best Large Saucepans](#)
- [All-Purpose Whisks](#)

### BEFORE YOU BEGIN

- This recipe is adapted from a dish by Nite Yun, owner and chef of [Nyum Bai](#), a Cambodian restaurant in Oakland, California. You can substitute Italian basil for Thai basil. If you can't find Persian cucumber, use 1 cup of thinly sliced English cucumber. A mandoline makes quick work of evenly shredding the cabbage and slicing the radishes and cucumber.

### INSTRUCTIONS

- 1

Combine chicken, 4 cups water, and 2 teaspoons salt in large saucepan. Cook over medium heat until water just begins to simmer, about 10 minutes. Cover pot; reduce heat to low; and gently simmer until chicken registers 160 degrees, 12 to 17 minutes.
- 2

Transfer chicken to plate or cutting board and let cool for 15 minutes. Shred into thin, bite-size strips.
- 3

Whisk fish sauce, sugar, vinegar, Thai chile, garlic, and salt in large bowl until sugar is dissolved. Add green cabbage, mizuna, red cabbage, bell pepper, cucumber, radishes, chopped cilantro, Thai basil, mint, and shredded chicken and toss thoroughly to combine. Top with cilantro leaves and peanuts. Serve.

Bitter Is Better ⓘ

Recipe developed for the August / September 2022 issue.

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