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



By Morgan Bolling

MAIN COURSES

SALADS

VEGETABLES

CHICKEN

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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SAVE



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## GATHER YOUR INGREDIENTS

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

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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