

Creamy Cashew Chicken Crunch Salad

クリーミーカシューチキンサラダ

Serves 4 (excellent leftovers)



Ingredients

Protein

- 300 g air-fried chicken breast, cooled and diced 鶏むね肉

Vegetables

- 1 small romaine lettuce (about 180 g), chopped ロメインレタス
- 200 g green cabbage, finely shredded キャベツ
- 1 large red bell pepper (about 180 g), thinly sliced 赤パプリカ
- 1 medium cucumber (about 180 g), sliced into half-moons きゅうり
- 2 medium carrots (about 150 g), grated or julienned にんじん
- 3 scallions, thinly sliced 青ねぎ
- Optional: 2 celery stalks, thinly sliced セロリ

Fruit

- ½ crisp apple (about 80 g), cut into thin matchsticks りんご

Fresh Herbs

- 15 g fresh basil, torn バジル
- 10 g fresh parsley, chopped パセリ
- 8 g fresh mint, thinly sliced ミント

Crunch

- 20 g roasted unsalted cashews, roughly chopped カシューナッツ
- 15 g walnuts, roughly chopped くるみ

Creamy Cashew Dressing

- 25 g cashew butter カシューバター
- 75 g Morinaga Partheno Plain Greek Yogurt パルテノ プレーン
- 1 T Big Tree Organic Coco Aminos Marinade & Sauce ココアミノ
- 2 tsp rice vinegar 米酢
- 2 tsp fresh lime juice ライム果汁
- 1 tsp honey はちみつ
- 1 tsp freshly grated ginger しょうが
- 1 clove garlic, finely grated にんにく
- 1 tsp Sriracha (adjust to taste) シラチャソース
- ¼ tsp black pepper 黒こしょう
- ¼ tsp MSG (optional) うま味調味料
- 1–2 T water, if needed to thin the dressing 水

Optional Garnish

- Additional chopped cashews
- Lime wedges
- Extra basil leaves

Instructions

1. Cook the **chicken breasts** in the air fryer at **190°C** for **10–12 minutes**, turning once halfway through, until the internal temperature reaches **74°C**. Allow to cool completely before dicing into bite-size pieces.
2. Wash and dry the **romaine** thoroughly before chopping.

- Finely shred the **cabbage**.
 - Slice the **bell pepper**, **cucumber**, **scallions**, and **celery** (if using).
 - Grate or julienne the **carrots**.
 - Cut the **apple** into thin matchsticks immediately before assembling the salad to minimize browning.
 - Tear the **basil**, chop the **parsley**, and thinly slice the **mint**.
3. Place the chopped **cashews** and **walnuts** in a dry skillet over medium heat. Toast for **2–3 minutes**, stirring frequently, until fragrant. Allow to cool.
 4. In a medium bowl, whisk together the **cashew butter**, **Greek yogurt**, **Big Tree Coco Aminos**, **rice vinegar**, **lime juice**, **honey**, **grated ginger**, **garlic**, **Sriracha**, **black pepper**, and **b** (if using). If the dressing is thicker than desired, whisk in 1–2 T of water until it reaches a pourable consistency. Taste and adjust the seasoning.
 - For a brighter flavor, add a little more lime juice.
 - For additional heat, increase the Sriracha slightly.
 5. Place the **romaine** and **cabbage** into a large serving bowl. Add the **bell pepper**, **cucumber**, **carrots**, **scallions**, **celery** (if using), diced **chicken**, and **apple**.
 6. Drizzle about $\frac{3}{4}$ of the dressing over the salad. Toss gently until evenly coated.
 7. Fold in the **basil**, **parsley**, **mint**, toasted **cashews**, and **walnuts**. Add additional dressing as needed.
 8. Top with a few extra chopped **cashews**, fresh **basil leaves**, and **lime wedges**. Serve immediately while the vegetables remain crisp.
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Make-Ahead Notes

- The dressing may be prepared up to **3 days ahead** and refrigerated.
 - The chicken and vegetables may be prepared one day ahead and stored separately.
 - Toast the nuts ahead of time and store in an airtight container.
 - Add the herbs, apple, nuts, and dressing immediately before serving for the freshest texture.
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Suggested Side Dishes

Excellent with:

- Homemade whole wheat bread
 - Toasted focaccia
 - Chilled tomato soup
 - Gazpacho
 - Fresh fruit
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Notes

- Combining Greek yogurt with cashew butter creates a lighter dressing that is higher in protein while maintaining a rich, creamy texture.
- Fresh basil, parsley, and mint give the salad a Mediterranean character while making excellent use of the herbs growing on your balcony.
- Apples provide crisp sweetness that complements the spicy dressing and balances the richness of the cashews.

- Toasting the nuts greatly enhances both their flavor and crunch.
 - This salad is designed as a complete meal rather than a side dish and provides excellent leftovers for lunch the following day.
 - For a vegetarian version, replace the chicken with **300 g air-fried tofu** or **two cans of drained chickpeas**.
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Nutrition (Approximate)

Per Serving (1 of 4)

Kcal total: ~445 kcal | Protein: ~39 g | Fat: ~18 g | Sat Fat: ~3 g | Carbs: ~30 g
| Sugars: ~11 g | Fiber: ~8 g | Sodium: ~450 mg | Omega-3: ~0.9 g