

Napa Cabbage with Thai Lime Dressing & Char-Grilled Chicken

From the farm bag:

Napa cabbage

Optional green onion tops

Lake Meadows chicken

Make a dressing:

3 TBS lime juice

3 TBS soy sauce (or mix soy and fish sauce)

3 TBS sugar (I used monk fruit to keep keto or OWW smart points)

3 cloves garlic minced

1 TBS Collected Korean chili flakes

1 TBS Collected spearmint

1 TBS Collected umami powder

Heat ingredients until sugar/sweetener dissolves and then add 3 TBS chopped parsley and 3 TBS minced green onion tops, salt and pepper

Remove spine from chicken with chicken shears. Press on breast bone to flatten. (Save spine in freezer for future stock). Dust chicken with umami, spearmint, Korean chili, pepper.

Cut Napa Cabbage into wedges, keeping root attached. Char-grill with chicken. Dress cabbage with dressing.