

# Soba noodles salad with lemon grass poched chicken.

## Recette pour 4 personnes

**Description** Soba noodles salad garnish with lemon grass and soy sauce poched chicken, and vegetables.

## Ingrédients

For the salad

- 500 Gr Soba noodles
- 5 Ml Roasted sesame oil
- 15 Ml Sesame seeds
- 65 Ml Soy sauce
- 250 Gr Sugar snap pea
- 2 Unit(s) Chicken breast
- 125 Gr Shiitake
- 100 Gr Sprouted soybeans
- 4 Unit(s) Green onion
- 0.50 Stick(s) Lemongrass
- 4 Clove(s) Garlic
  
- Salt and pepper

## Préparations

Temps de préparation **30.00 mins**

For the preparations

In a big pot of salty boiling water, cook the noodles until tender, strain and refresh it. Roast the sesame seeds. Mince the shiitakes, the green onions and the lemon grass. In a big pot of salty boiling water, blanch the peas, refresh and mince it. Smash the garlic cloves.

For the chicken

In a pan, put the chicken breasts, the lemon grass, the garlic add half of the soy sauce and cover with cold water. Bring it to boil, skim if necessary, cook it for 2 minutes shut off the heat and let it cool down until cold. Take it out and slice it.

For the salad

In a pan with olive oil, sweat quickly the shiitakes. In a bowl mix all the ingredients except the chicken and the sesame seeds. Plate the salad in bowls and finish with the chicken on the top and the sesame seeds.

**Bon appétit!**