

## Crunchy Asian Sesame Chicken Salad - Fresh, Flavorful & Fast

Crunchy Asian Sesame Chicken Salad: A Fresh and Flavorful Meal in Every Bite



**TIME**  
**4 min**

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**ChefManiac**

### INGREDIENTS

For the Salad:

- 2 chicken breasts, cooked and sliced
- 4 cups shredded cabbage (a mix of green and purple)
- 1 cup shredded carrots
- 1 cup chopped romaine lettuce
- $\frac{1}{2}$  cup sliced green onions
- $\frac{1}{2}$  cup chopped fresh cilantro
- $\frac{1}{2}$  cup crispy wonton strips
- ... cup sliced almonds, toasted
- 1 tablespoon sesame seeds

For the Sesame Dressing:

- ... cup rice vinegar
- 2 tablespoons soy sauce
- 1 tablespoon sesame oil
- 1 tablespoon honey
- 1 tablespoon grated ginger
- 1 clove garlic, minced
- Salt & pepper to taste

### DIRECTIONS

1. Make the : Dressing:Whisk together rice vinegar, soy sauce, sesame oil, honey, ginger, garlic, salt, and pepper in a small bowl. Set aside or refrigerate until ready to use.
2. Assemble the : Base:In a large salad bowl, combine shredded cabbage, carrots, chopped romaine, green onions, and cilantro.
3. Add the : Chicken:Place the sliced cooked chicken on top of the salad mix.
4. Dress the : Salad:Drizzle the dressing over the bowl and toss everything together until well coated.
5. Add the : Crunch:Right before serving, top with crispy wonton strips, toasted almonds, and sesame seeds.

### SWAPS & NOTES

-crisp, juicy, tangy, and satisfying-this Crunchy Asian Sesame Chicken Salad is your go-to.

With tender chicken, vibrant veggies, toasty almonds, and a sesame-honey dressing that's both savory and slightly sweet, it's a salad that actually feels like a meal (and not just a

side).

Perfect for lunch, light dinners, or meal prepping ahead, this salad brings together color, crunch, and craveable flavor with every forkful.

Why I Love This Recipe Salads can sometimes feel... boring.

## TIPS FOR SUCCESS

Shred Ahead: Pre-shredded cabbage and carrots save tons of time-perfect for busy weeknights.

Warm Chicken Optional: You can use warm or chilled chicken depending on preference.

Toasting Almonds: Lightly toast almonds in a dry skillet over medium heat until golden-just 3-4 minutes.

Dressing Double Duty: Make extra dressing-it works great as a marinade or dipping sauce too!

**More recipes: [ChefManiac.com](https://chefmaniac.com)**

Original recipe: <https://chefmaniac.com/crunchy-asian-sesame-chicken-salad-fresh-flavorful-fast/>