

## MINDFUL MEAL PREP

Serves: 4 • Serving size: 1 cup



PREP TIME: 10 minutes

# Chinese Chicken SALAD

- 2 cups fresh cilantro, chopped
- 3 limes, juiced
- ¼ cup vegetable oil
- 1 head of red cabbage, cored & quartered
- 4 cups cooked chicken, shredded\*
- 1 red bell pepper, sliced
- 4 green onions, chopped
- 1 head romaine lettuce, chopped
- ¾ cup cashews

1. To make dressing, place cilantro, lime juice and vegetable oil in All-in-One Shaker, replace cover and shake vigorously until well combined.
2. Assemble Grate Master with slicing cone. Place bowl underneath hopper.
3. Place cabbage into hopper, and pressing down lightly with plunger, turn crank to slice. Continue with remaining cabbage until all is shredded. Transfer to large bowl.
4. Add remaining ingredients to bowl and pour dressing over top. Toss to combine.

Nutritional Information (per serving):  
 Calories: 740 Total Fat: 39g Saturated Fat: 7g Cholesterol: 165mg Sodium: 180mg  
 Carbohydrate: 38g Fiber: 10g Sugar: 16g Protein: 64g Vitamin D: 0% Calcium: 15%  
 Iron: 45% Potassium: 43%

\*Reference Rotisserie Chicken Recipe for Shredded Chicken.

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Tupperware®

TO DEMO



Grate Master®  
Shredder

OPTIONAL



Zest 'n  
Press



Measuring  
Cups



Thatsa® Bowl



Universal  
Series  
Chef Knife



All in One  
Shaker



FridgeSmart  
Small Deep



Salad  
On-the-Go