

EASY SOY SAUCE-GLAZED zucchini

SERVES 4

TAKES 15 MINUTES

1 pound zucchini
½ teaspoon fine sea salt
2 teaspoons canola or
other neutral oil
1 garlic clove, smashed
1½ teaspoons soy sauce,
Bragg Liquid Aminos, or
Maggi Seasoning sauce
1 teaspoon chile garlic sauce
(see page 31) or sambal
olek (optional)

Vietnamese cooks often salt, rinse, and squeeze vegetables for salads and pickles. Why? It concentrates flavors by removing excess liquid, which allows the vegetables to really absorb a dressing or brine. I use that same approach on zucchini (medium ones work great), which can get mushy and lifeless during the cooking process. Pre-salting results in tasty, tender-firm squash, which takes on seasonings well during a quick session in a hot pan. To apply this cooking method to sunburst (aka pattypan) squash, halve them and then cut into ¾-inch-thick wedges.

A splash of soy sauce injects umami while imparting rich color. If the accompanying dishes are mild, throw in some chile garlic sauce or sambal oelek too.

Trim the ends off each zucchini, halve the zucchini lengthwise, and cut crosswise or on the diagonal into half circles or half oblongs, each about ¼ inch thick. Transfer to a medium bowl and toss with the salt. Set aside for 10 minutes, until there's a small pool of water in the bottom of the bowl.

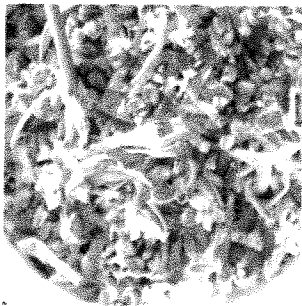
Dump the zucchini into a strainer or colander and rinse with cool water for 5 to 10 seconds to remove most of the salt. Standing over the sink, squeeze by the small handful to expel a little extra water. (It's okay to leave finger impressions on the thinner pieces but don't totally crush the squash; pat with paper towels if the zucchini is still glistening with lots of moisture.)

In a large nonstick, carbon-steel, or stainless-steel skillet over medium-high or high heat, warm the canola oil. When the oil is shimmering, add the zucchini and garlic and cook, stirring frequently, for about 2 minutes, until hot and some of the zucchini pieces brown a bit. The tender-crisp zucchini should plump up and look refreshed. Splash in the soy sauce and cook, stirring vigorously and turning the zucchini to season and glaze. Plop in the chile sauce (if using), stir for 10 to 15 seconds to coat the zucchini, and then remove the pan from the heat.

Serve the zucchini warm.

Vietnamese Chicken Salad Recipe (Goi Ga)

Crunchy Vietnamese Cold Chicken Salad (Goi Ga) Recipe - A light and healthy chicken and cabbage salad that is gluten free and paleo-friendly!



★★★★★
5 stars (34 reviews)

Prep Time	Total Time
10 mins	10 mins

Course: Main Course, Salad Cuisine: Vietnamese Servings: 8
Calories: 167kcal Author: Sommer Collier

Ingredients

For the Vietnamese Cold Chicken Salad:

- 6 cups shredded napa cabbage
- 2 1/2 cups cooked shredded chicken, cold (use leftovers or a rotisserie chicken)
- 3/4 cup fresh mint, roughly chopped
- 3/4 cup shredded carrots
- 1/2 red onion, peeled and sliced thin
- 1/2 cup fresh cilantro, roughly chopped
- 1/2 cup chopped roasted peanuts (cashews for paleo-friendly)

For the Nuoc Cham Dressing:

- 1/4 cup fresh lime juice
- 1/4 cup water
- 3 tablespoons honey
- 2 tablespoons fish sauce
- 1 teaspoon chili garlic sauce

Instructions

1. Place all the salad ingredients in a large bowl.
2. In a small bowl, whisk together the lime juice, water, honey, fish sauce, and chili garlic sauce.
3. When ready to serve, pour the dressing over the salad and toss well.

Notes

The salad mix without the dressing tossed in can last around 4 to 5 days in the refrigerator. If the dressing is tossed in and you have leftovers, then I would recommend eating the leftovers within 24 to 36 hours.

Nutrition

Serving: 2cups | Calories: 167kcal | Carbohydrates: 14g | Protein: 13g | Fat: 7g | Saturated Fat: 1g | Cholesterol: 33mg | Sodium: 202mg | Potassium: 348mg | Fiber: 2g | Sugar: 9g | Vitamin A: 2315IU |

Vietnamese Caramel Ginger Chicken

Recipe video above. Vietnamese caramel sauce is a popular sweet/savoury used in Vietnamese dishes. Here, it's used for bite size chicken pieces that get coated in the glaze with a generous dose of ginger. It's quick, easy, something different and outrageously good!



**** NOTE:** Sadly seeing reader feedback that the liquid isn't reducing and chicken isn't caramelising. Please ensure to use a LARGE PAN and be brave, simmer RAPIDLY! Else the liquid will take ages to reduce. See Note 4.**



4.92 from 81 votes

Prep Time
7 mins

Cook Time
15 mins

Course: Main Cuisine: Vietnamese

Keyword: easy vietnamese recipe, ginger chicken, vietnamese caramel chicken, vietnamese chicken

Servings: 5 Calories: 370cal Author: Nagi

Ingredients

- 1 kg / 2 lb skinless chicken thigh fillets , cut into large 5cm/2" pieces (Note 1)
- 3 tbsp fish sauce
- 1 bird's eye chilli or Thai chilli , deseeded, finely minced (optional) - Note 2
- 3 tbsp vegetable oil
- 1/4 cup brown sugar , tightly packed
- 1/3 cup ginger , finely julienned (about 5 cm/2" thick piece)
- 2 eschallots , halved then finely sliced (sub half red onion) (Note 3)
- 1/2 cup boiling water

Garnishes & serving:

- Fresh coriander/cilantro or green onion slices (recommended)
- Red chilli , finely sliced (optional)
- Jasmine rice , white rice or other plain rice of choice

Instructions

1. **Toss chicken** with fish sauce and chilli, then set aside while you prepare the other ingredients. You could marinate even overnight but it's not necessary.
2. **Pan size** - Use a large non-stick pan (mine is 30cm/12", must be large). Else, be prepared to remove chicken at end to speed up sauce reduction. See Note 4!
3. **Caramel** - Mix oil and sugar in the cold pan, then turn onto medium high heat. As soon as the sugar is melted, remove the pan from the stove then carefully add the chicken (! it

will sizzle so don't throw it in!) . Add ginger and shallots, toss briefly. The caramel may harden, that's ok, it will re-melt.

4. **Cook outside of chicken** - Then put the pan back on the stove and stir just until the chicken changes from pink to white all over, but not browned, and definitely not cooked through.
5. **Simmer 10 min** - Add water, stir, bring to a simmer. Simmer very rapidly, still on medium high (or even high!), for 10 to 12 minutes, until the liquid reduces right down to a glaze. It might take longer if your pan is smaller or your stove is weaker, that's ok. Stir every now and then while watery, then once it's reduced down to a glaze, toss regularly to get nice colour on the chicken. The further you take it, the better the colour!
6. **Serve** with jasmine rice or other plain rice garnished with extra slices of chilli and fresh coriander if desired. Smashed cucumbers or Asian Slaw would be a terrific side!

Notes

Recipe adapted from Eat Like a Viet cookbook by Jenny Lam, after eating this at PhatLon, her Vietnamese restaurant in Perth.

1. Chicken - I cut most into 4, some into 3. You want them quite large so they don't dry out during the required simmer time.

Breast - not recommended, it will dry out by the time the sauce reduces. However, if you want to use breast, I'd probably use the whole breast (2), split in half (to make 4 thin steaks), start the cook in the caramel, take them out, let the sauce reduce to a glaze then coat. Bit risky to get timing right without overcooking.

2. Chilli - optional, adds the tiniest background hint of heat (longer you cook fresh chilli, less spicy it is, also the sweet dominates here).

3. Eschalots -Also known as French onions, and called "shallots" in the US. Look like baby onions, but have purple-skinned flesh, are finer and sweeter, so they disappear into the glaze better than regular onions. Not to be confused with what some people in Australia call "shallots" ie the long green onions.

Sub with finely sliced red or regular onions.

4. PAN / sauce reduction / caramelisation - You need a large pan (30cm/12"+) so the chicken isn't crowded else the liquid takes AGES to reduce. Also, be brave and simmer super rapidly so the liquid reduces faster, and once it's reduced down to a sticky glaze, stir the chicken in the oil left in the pan to get the nice caramelisation on it.

If you're pan is too small, remove chicken after 12 minutes using slotted spoon and reduce liquid down to glaze (fast, without chicken). then toss chicken back in.

5. Leftovers will keep for 3 days in the fridge. Freezing - haven't tried but I see no reason why

it wouldn't freeze perfectly well!

Nutrition per serving, chicken only (no rice).

Nutrition

Calories: 370cal | Carbohydrates: 14g | Protein: 39g | Fat: 17g | Saturated Fat: 3g |
Polyunsaturated Fat: 4g | Monounsaturated Fat: 8g | Trans Fat: 0.1g | Cholesterol: 190mg |
Sodium: 1032mg | Potassium: 596mg | Fiber: 0.4g | Sugar: 12g | Vitamin A: 50IU | Vitamin C: 1mg
| Calcium: 37mg | Iron: 2mg

Another great recipe by recipetineats.com