Poached Chicken Soba Noodle Salad

Ingredients
Serves 8-10

For Chicken
- 1 whole chicken
- 4 in sliced pieces of ginger
- 2 leek, roughly chopped
- 6 scallions, roughly chopped
- 1 carrot, roughly chopped
- 2 celery, roughly chopped
- 4 garlic cloves, smashed
- 1/4 cup rice wine (optional)
- Salt and pepper

For Salad
- 8-10oz baby spinach
- 1/2 lb cucumber, grated
- 1/2 lb carrots, peeled & grated
- 1 1/2 cups bean sprouts, blanched
- 1 lb soba noodles, cooked following package instructions and then rinsed in water

For Dressing
- 1/4 cup Chinese sesame paste or tahini
- 2 garlic cloves, minced
- 1/2 teaspoon, grated ginger
- 1-2 teaspoon soy sauce (to taste)
- 1 teaspoon sugar
- 1 tablespoon sesame oil
- 1 tablespoon grape seed or olive oil
- 1/2 tablespoon rice vinegar

Directions
1. **To poach chicken:** Season the chickens inside and out with salt and pepper.
2. In a pot large enough to fit the chicken completely submerged in liquid, combine all the chicken ingredients, fill the pot up with water so that the chicken is completely submerged. Cover and bring to a low simmer over medium heat. Reduce the heat to low and simmer for 30 minutes. Turn off the heat and allow to stand for 20 minutes covered.
3. Remove the chicken, cool and shred.
4. **For salad:** Combine all the salad ingredients and toss with shredded chicken
5. **For dressing:** Combine all the ingredients in a blender and mix well, serve with salad.

Created, cooked, and provided by Culinary Chef Jessica Vanroo at Health & Fitness Fridays workshop on October 19, 2012