

CopyCat Applebee's Oriental Salad

Ingredients

Dressing:

3 tablespoons honey
1 1/2 tablespoons rice wine vinegar
1/4 cup mayonnaise
1 teaspoon dijon mustard
1/8 teaspoon sesame oil

Fried Chicken:

2 chicken breast
1 egg
1 cup milk
1 cup all-purpose flour
1 cup panko
1 teaspoon salt
1/4 teaspoon pepper
3 cups vegetable oil for frying

Salad:

4 cups romaine lettuce chopped
1/2 cup red cabbage chopped
1/2 cup napa cabbage chopped
1 carrot shredded
3 tablespoons sliced almonds

Directions

Blend together all dressing ingredients and refrigerate until ready to serve.

In a large saucepan, preheat oil over medium-high heat.

While that is warming up, cut your chicken breast into several

long thin strips. Set aside.

Beat egg and milk together in a small bowl. In a separate bowl, combine the flour, panko, salt, and pepper. Dip the strips in the egg mixture, and then into the flour, coating completely.

When oil is hot, carefully add chicken strips and fry for 3-4 minutes or until cooked through or golden brown. Set on a paper towel to cool. Once cool, cut into bite-size pieces.

To prepare your salad, combine the romaine, red cabbage, napa cabbage, and carrots. Add chopped chicken pieces and sprinkle with almonds.

Top with delicious honey oriental dressing and enjoy!